

Special Edition Includes:

**Dr. Ellington Darden's
Six Week Fast Fat Loss –
Body Leanness Program**

 **BOWFLEX**
REVOLUTION[®] XP



Bowflex Revolution[®] XP
Owner's Manual
and Fitness Guide

(Shown with optional Lat Tower attachment)

POWERED BY
 **SPIRAFLEX[®]**

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Product Specifications

Dimensions (arms raised)	64.5" L x 37.8" W x 73" H (163.8cm x 98cm x 185.4cm)
Dimensions with optional Lat Tower Attachment	64.5" L x 37.8" W x 83.2" H (163.8cm x 98cm x 211.3cm)
Workout Area	84" x 64" (213.4cm x 162.6cm)
SpiraFlex® Resistance	200 lbs. (90.72 kg)
SpiraFlex® Upgradability	280 lbs. (127 kg)
Maximum User Weight	300 lbs. (136 kg)

Safety Precautions

IMPORTANT SAFETY INSTRUCTIONS

The following definition applies to the word “**Warning**” found throughout this manual:



Indicates a potentially hazardous situation which, if not avoided, could result in death or serious injury.

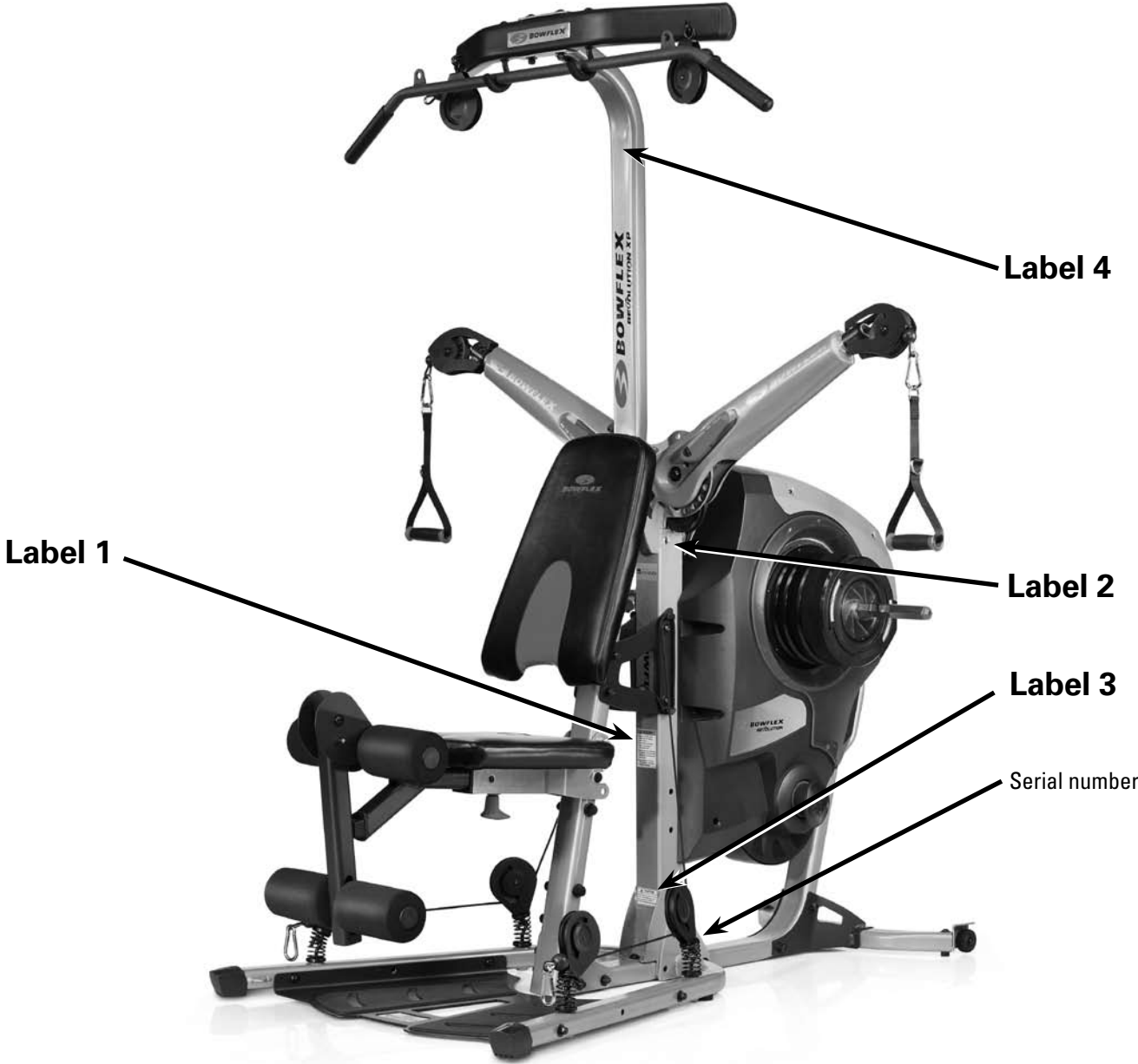
PRIOR TO USING THIS EQUIPMENT, OBSERVE THE FOLLOWING WARNINGS.



- Read and understand the Owner’s Manual prior to using this machine.
- Read and understand all Warning Labels on this machine.
- Keep children away from this machine and/or supervise them closely if they are near the machine or are present during its operation. This machine is not suitable as a children’s toy. There is a natural tendency for children to want to play on exercise equipment, and parents and others in charge of children should be aware of their respective responsibilities. Moving parts that may appear to present obvious hazards to adults may not appear to do so to children.
- Consult a physician prior to commencing an exercise program. If, at any time, you feel faint or dizzy, or experience pain, stop and consult your physician.
- Inspect this machine for loose parts or signs of wear. Pay special attention to Cables and Belts and their connections. Do not use if found in this condition; contact Nautilus Customer Service.
- This machine is designed for a User’s Weight Limit of 300 pounds (136 kg). Do not use if you are over this weight.
- This machine contains moving parts. Use Caution. Do not wear loose clothing or jewelry.
- Set up and operate this machine on a solid level surface.
- This machine is for Consumer use only.
- Do not use additional means to increase the resistance (lifting load) of this machine.
- Set up the machine so that there is a workout area of at least 7’ x 5’ 4” (2.13 m x 2.24 m) of free space for safe operation of the Bowflex Revolution® XP home gym. Keep third parties out of this area when the machine is in use.
- Operate the machine in the manner described in this manual. It can be hazardous to over-exert yourself during exercise.
- Make sure that all positional adjustment devices are securely engaged.
- Never move or adjust the seat while sitting on it. Never stand on the seat.

Safety Warning Labels

The following safety warnings are located on the Bowflex Revolution® XP exercise machine. Please read all safety precautions and warning information prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Bowflex Representative at 1-800-628-8458.



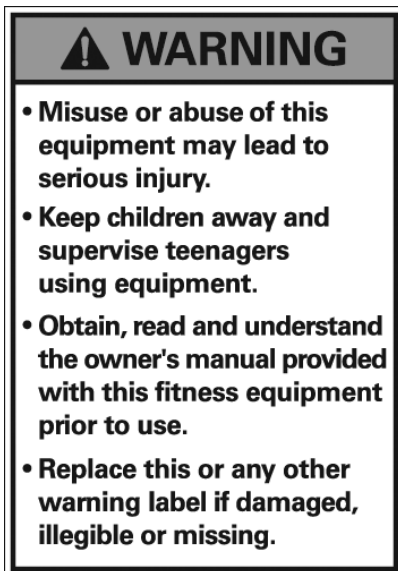
Safety Warning Labels

The following safety warnings are located in site specific areas on the unit. Please review and understand the safety warning labels and their locations on the unit prior to use.

If you need to replace a warning label please call 1-800-628-8458 to obtain a new label.

Label 1: General use safety label.

Location: Front of the main unit below seat bracket.



Label 2: Keep hands away.

Location: Below freearms on main unit.



Label 3: Check all equipment before use.

Location: Bottom front of the main unit.



Label 4: Do not hang notice.

Location: Top front of the lat tower (optional attachment).

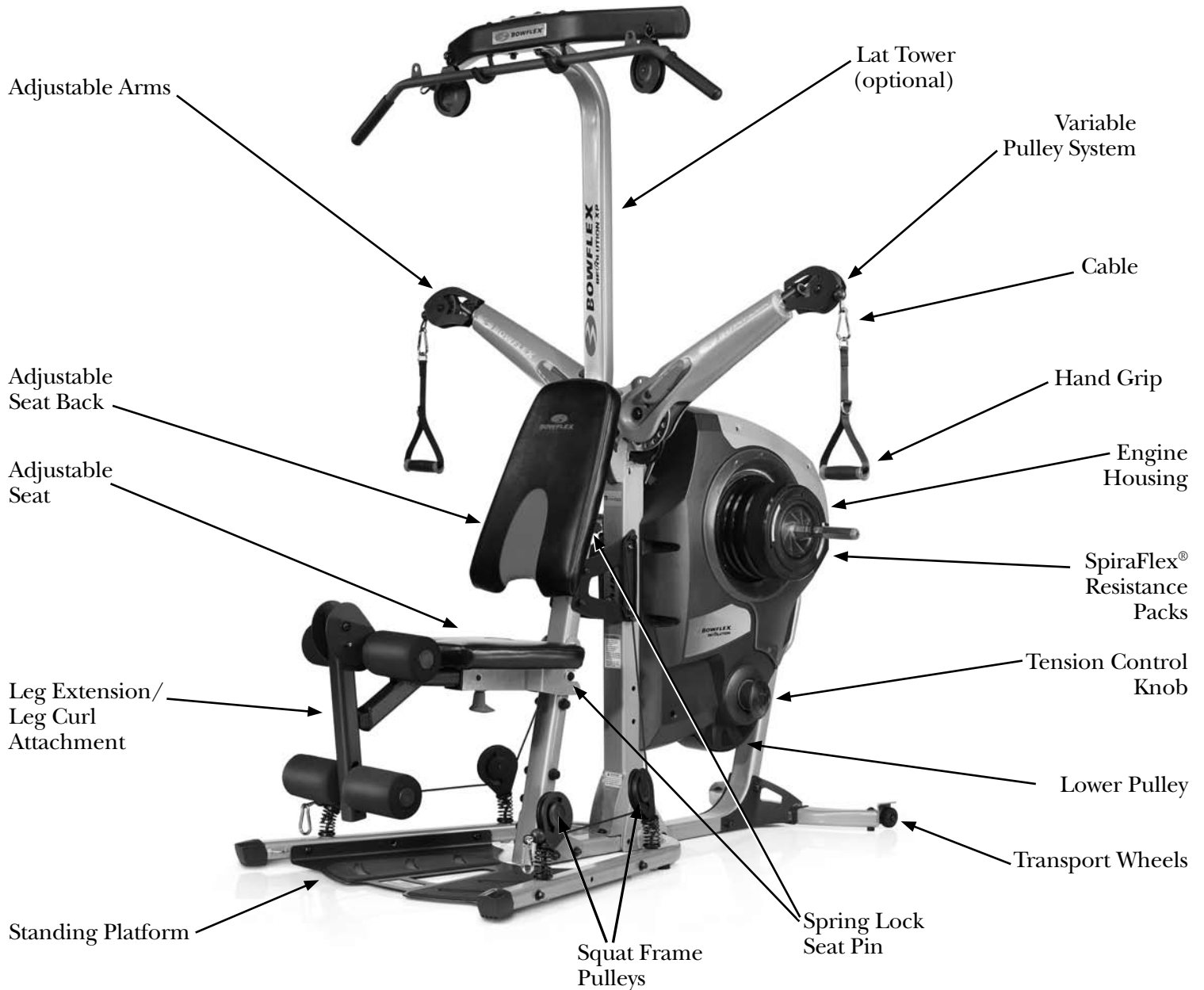


Getting to Know Your Bowflex Revolution® XP Home Gym

Please take your time to read through the entire manual and follow it carefully before attempting to use your Bowflex Revolution® XP home gym. Also locate and read all warning labels that are posted on the machine. It is important to understand how to properly perform each exercise before you do so using SpiraFlex® Resistance.

The image below shows the machine set up in just one of many configurations. Included as standard accessories with your new Bowflex Revolution® XP home gym are a leg extension, ab attachment, foot harnesses, and squat harness. Instructions for attaching various accessories, storing cables, and changing out components are included later in this manual, as well as in the Assembly Manual.

Bowflex Revolution® XP Parts Reference Guide



Using Your Bowflex Revolution® XP Home Gym

SpiraFlex® Resistance

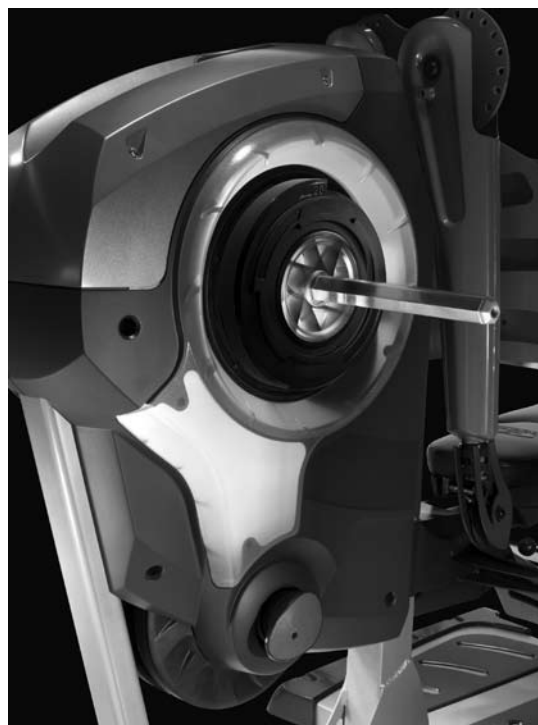
The Bowflex Revolution® XP home gym features an ingenious patented technology called SpiraFlex®. The Bowflex Revolution® XP muscle-building resistance comes in the form of these cleverly designed resistance packs, each constructed with a heavy-duty elastic strap inside the pack. When you perform an exercise, these resistance packs rotate around the center, stretching the elastic strap and creating resistance.

A significant advantage of the resistance packs is that the resistance is present throughout the ENTIRE range of motion. That gives you a more consistent, gym-quality experience – which means your muscles get a bigger burn, a better workout and faster results.

SpiraFlex® technology is a non-inertial resistance mechanism that provides the smoothness and feel of gym-quality pack-loaded machines, but eliminates the excessive bulk and weight. This totally unique, state-of-the-art resistance system involves wrapping an elastic strap tighter and tighter around a coil, which is contained in a small canister that looks very similar to free weight packs, but weighs only a few pounds. Because no metal parts are used, SpiraFlex® technology is quiet, lightweight, portable, and safe.

Adjusting And Understanding The Resistance

The Bowflex Revolution® XP home gym comes with 200 lbs. (90.72 kg) of resistance. The SpiraFlex® resistance packs look very much like free weight plates and are assigned a pound rating based on their resistance – including 5, 10, 20, and 40-pound packs (2.27kg, 4.54kg, 9.07kg, 18.14kg). The real power of the workout is in the RESISTANCE, not the weight. And that means you can quickly and easily stack these lightweight resistance packs on to the Revolution® XP – just like free weights – and get a great workout.



**To upgrade to 280 pounds
(127 kg) of resistance
please call
1-800-NAUTILUS (628-8458)**

Using Your Bowflex Revolution® XP Home Gym

Attaching SpiraFlex® Resistance Packs

During assembly, you attached 5-lb (2.27kg) SpiraFlex® resistance packs to the machine. The 5-lb packs are permanently attached to the machine. The Bowflex Revolution® XP home gym comes with 200 lbs (90.72kg) of resistance packs in 5, 10, 20, and 40-lb packs (2.27kg, 4.54kg, 9.07kg, 18.14kg).

Attaching resistance packs is simple. You simply select the resistance pack and slide it onto the shaft, making sure the rounded edge of the hole in the plate is matched up with the rounded edge of the shaft (see photos to the right). Once you push the pack all the way onto the shaft, press and turn the plate counterclockwise about 10 degrees until the locking tabs click into place. While applying pressure, turn the plate clockwise until the index marks on the packs are aligned.

NOTE: It is extremely important to make sure that all six locking tabs engage to ensure proper and safe operation of the machine. Check that the pack is seated evenly, with no extra gap behind the bottom edge of the pack.

You can choose any combination of resistance packs to suit your needs. Each pack needs to be installed in the same manner, by placing the pack onto the shaft, sliding it all the way to the housing, and turning it counterclockwise until the locking tabs engage. Then turn it clockwise so that the index marks on each pack are aligned. If you are using multiple resistance packs, each one contains locking mechanisms to stack multiple packs.

You can set resistance either symmetrically or offset. What this means is that you can set resistance to 40 lbs (18.14kg) on one side and 60 lbs (27.22kg) on the other side, or set both sides to 60 lbs, or 60 lbs on one side and nothing on the other side—or any variation like that. Setting resistance on one side is useful when doing one-sided exercises such as trunk rotations or hip extensions. You do not always have to have the same amount of resistance on each side. Doing so, however, is common for symmetrical exercises such as bench press or chest fly.

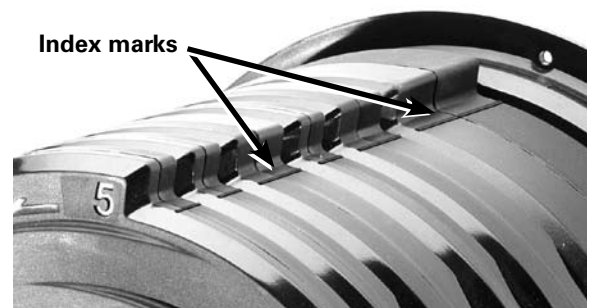
For an animated demonstration of proper pack installation, visit the FAQ section of the Bowflex Revolution® website at www.bowflexrevolution.com.



Step 1: Place resistance pack on shaft, matching rounded top of hole with rounded top of shaft. Push resistance pack all the way onto shaft.



Step 2: While pressing pack towards machine, turn counterclockwise about 10 degrees until all six plate tabs lock into place. Then turn clockwise until index marks are aligned.



Preparing for Use, Storing, and Moving

The Bowflex Revolution® XP home gym offers one of the largest ranges of exercises ever offered by a Bowflex® home gym. Preparing your machine for use and maintaining your machine are simple.

Preparing for Use

Before using your Bowflex Revolution® XP home gym, make sure you read through all of the safety warnings in this manual, and pay close heed to the warning labels on the machine. Additionally, inspect the machine prior to each use to ensure all parts are in good working order.

Preparing to Exercise

To do exercises, read the instructions in this manual or on the exercise poster included with your machine. Each exercise uses a unique set of adjustable arm positions and cable connections. Using your Bowflex Revolution® XP home gym should be easy:

- Select the desired resistance packs
- Position the adjustable arms to the correct setting
- Attach cable clips to appropriate location
- Complete the exercise

A full description of each exercise is included later in this manual.

Moving & Storing Your Machine

The full assembled weight of your machine is in excess of 200 lbs. It is imperative that you observe all safety warnings and cautions when using or moving your machine. To move your machine, raise the adjustable arms to the 0 position and make sure they are locked in place. Hook the D-handle Hand Grips to the hooks at the front of the Standing Platform. Carefully lift the front of the machine to shift its weight to the back transport wheels. You can now roll the machine.



Raise adjustable arms to 0 position (see above photo) and lock in place. Attach hand grips to loops at the front of the Standing Platform.



To move the machine, use hand grips to lift the front of the unit and shift its weight onto the transport wheels at the back of the base.

Maintenance

To store your machine, you can either leave the machine fully assembled, or you can remove the Leg Extension to make a smaller footprint for storing. It is advisable to raise the adjustable arms to the 0 position and make sure they are locked in place.

Preventative Maintenance

Keeping your machine in good repair takes a minimal amount of time, and will ensure you have many years of use. In addition to preventative maintenance such as checking to make sure the unit is clean and free from defects, wiping down surfaces, and keeping attachments in a secure location, maintenance should be limited.

Daily

Wipe down with a damp cloth. Pay special attention to areas where perspiration could settle.

Monthly

Inspect the unit for loose parts, nuts, bolts, etc. Inspect ropes and straps for fraying or excessive wear.

Yearly

Remove the Top Cover and inspect the condition of the internal components.

Look for fraying or excessive wear on straps, ropes, and moving parts, and replace as necessary.

Adjusting Cable Tension

Pay close attention to maintenance of the cable tension. Over time and with heavy use, the cables are designed to give slightly. Located on the main engine housing is a tension control knob which allows you to increase the tension in the cables.

Checking for incorrect cable tension is simple.

1. Position the adjustable swing arms in the upper most position.
2. Check to see if clips at end of cable hang down or if they are tight against the pulley.
3. If cables don't have enough tension, use the tension control knob on the side of the machine to tighten the cables. (See image below).
4. To increase tension, pull tension knob outward and turn the large pulley clockwise. The clip on the cable should be touching the pulley.



The cable clip should stop here.

In this image, the cable clip extends a few inches below the pulley, so there is not enough tension in the cable. The cable clip should be tight against the pulley with appropriate tension.



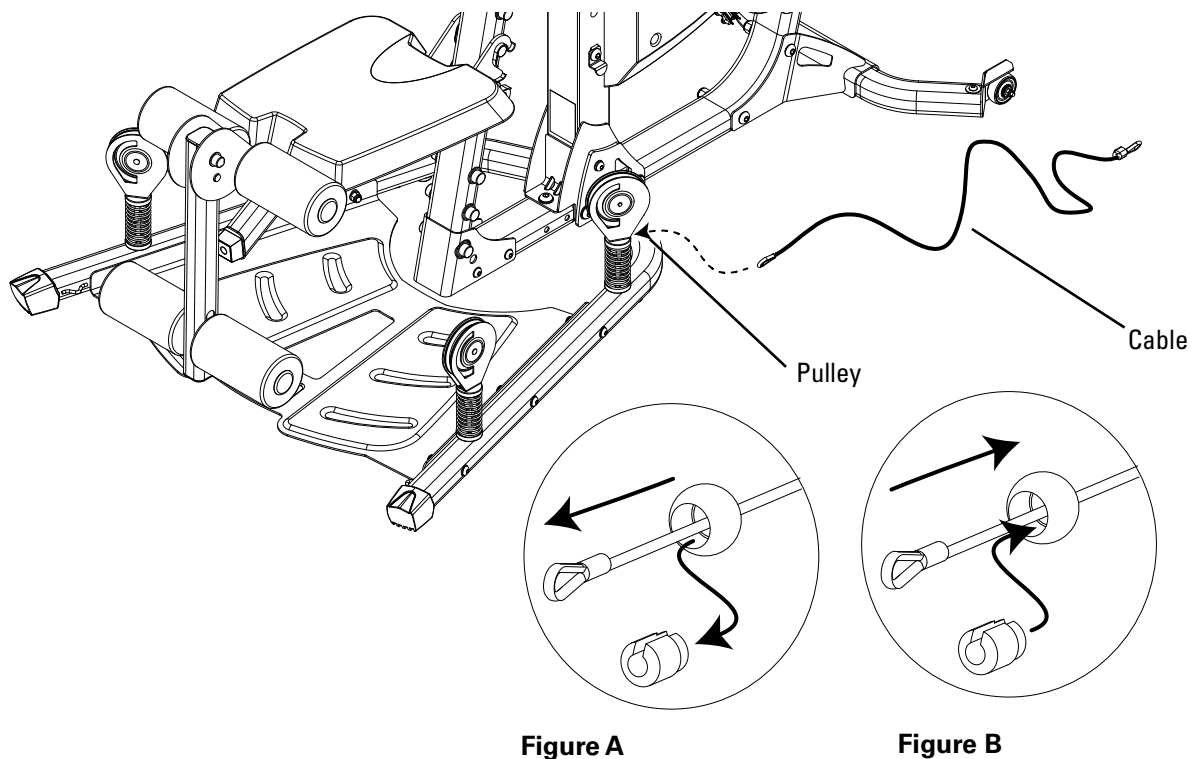
There are tension knobs on each side of the machine. To increase cable tension, pull knob and turn the large pulley clockwise. You'll know when you have enough tension when the cable retracts and the cable clip touches the pulley.

Large pulley. This is what you need to turn to increase the tension on the cable. Pull the tension knob and use your other hand to turn the large pulley clockwise.

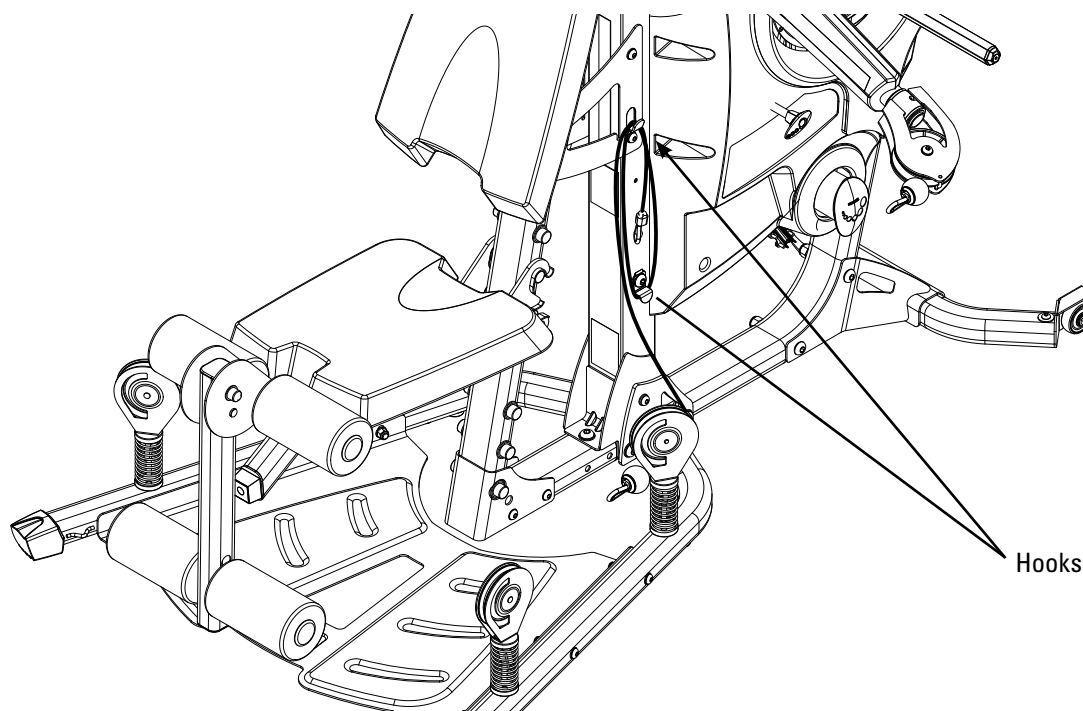
Cable Routing and Storage

Squat Frame Pulley Cables

To install the Squat Frame Pulley cables, remove the ball end from the rope by pressing the insert out of the ball (Figure A), and slide the ball off the rope. Route the cable under the pulley closest to the engine and reinstall the ball end (Figure B).



When the Squat Pulley cables are not in use, store them by wrapping around the rope hooks as shown.



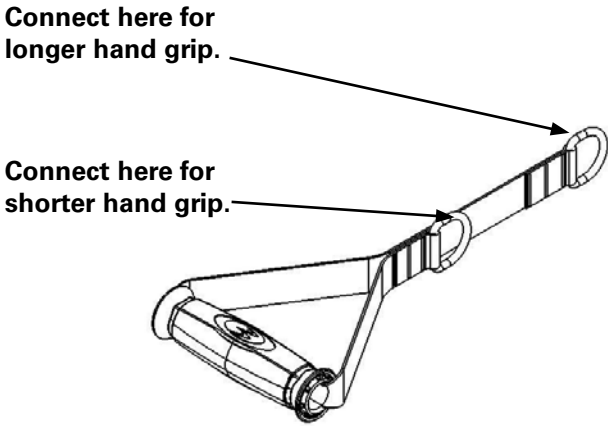
Attaching Accessories

Your Bowflex Revolution® XP home gym comes with a pair each of hand grips and foot harnesses, and a squat harness.

Hand Grips

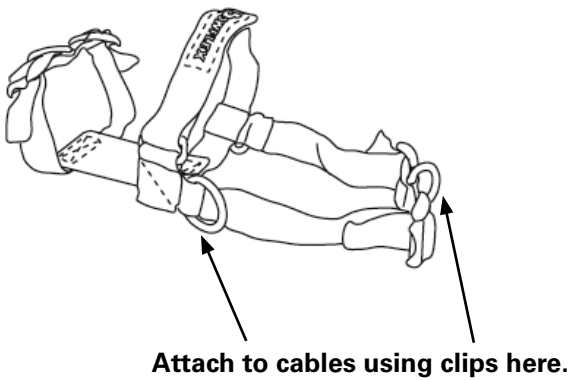
You receive two hand grips with your Bowflex Revolution® XP home gym. Hand grips contain two D-rings on each grip, allowing for a shorter hand grip or longer hand grip, depending on the exercise.

For exercises that require a specific hand grip attachment, attaching to the D-ring closest to the handle will be referred to as using the “short hand grip”. Attachments to the D-ring furthest from the handle will be referred to as using the “long hand grip”.



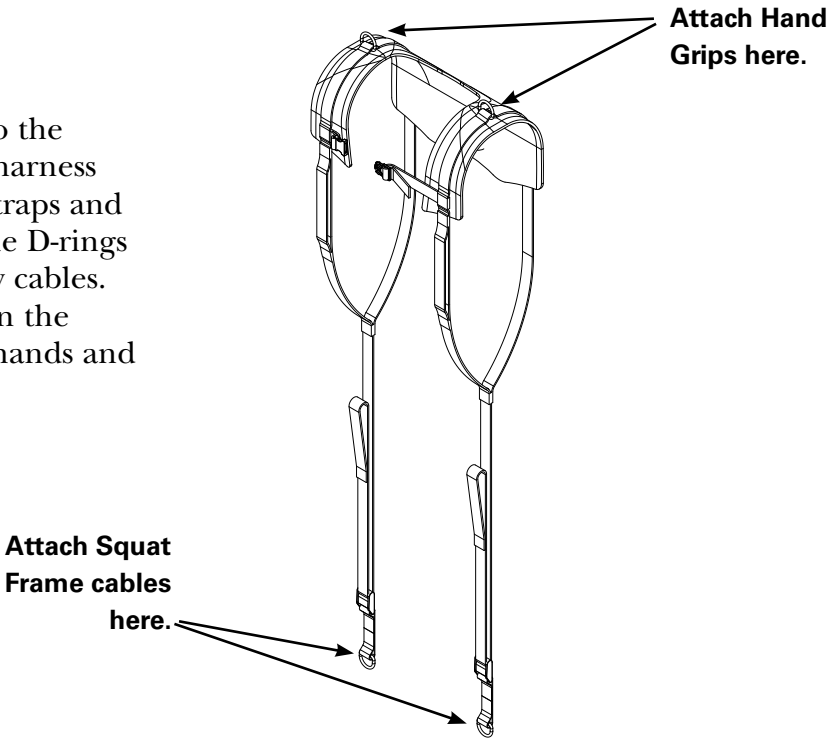
Foot Harness

You additionally receive two foot harnesses. Foot harnesses are used for several types of leg exercises. The foot harnesses contain attachment rings on multiple sides.



Squat Harness

You receive a squat harness, which connects to the cables in the Squat Frame pulleys. The squat harness contains attachment rings on the adjustable straps and shoulders, and loop handles on the straps. The D-rings on the straps attach to the Squat Frame Pulley cables. You can also attach Hand Grips to the rings on the shoulders, and use the grips to stabilize your hands and arms.



Installing the Seat and Attachments

The illustrations on the following pages show how to install the seat and each of the Bowflex Revolution® XP attachments.

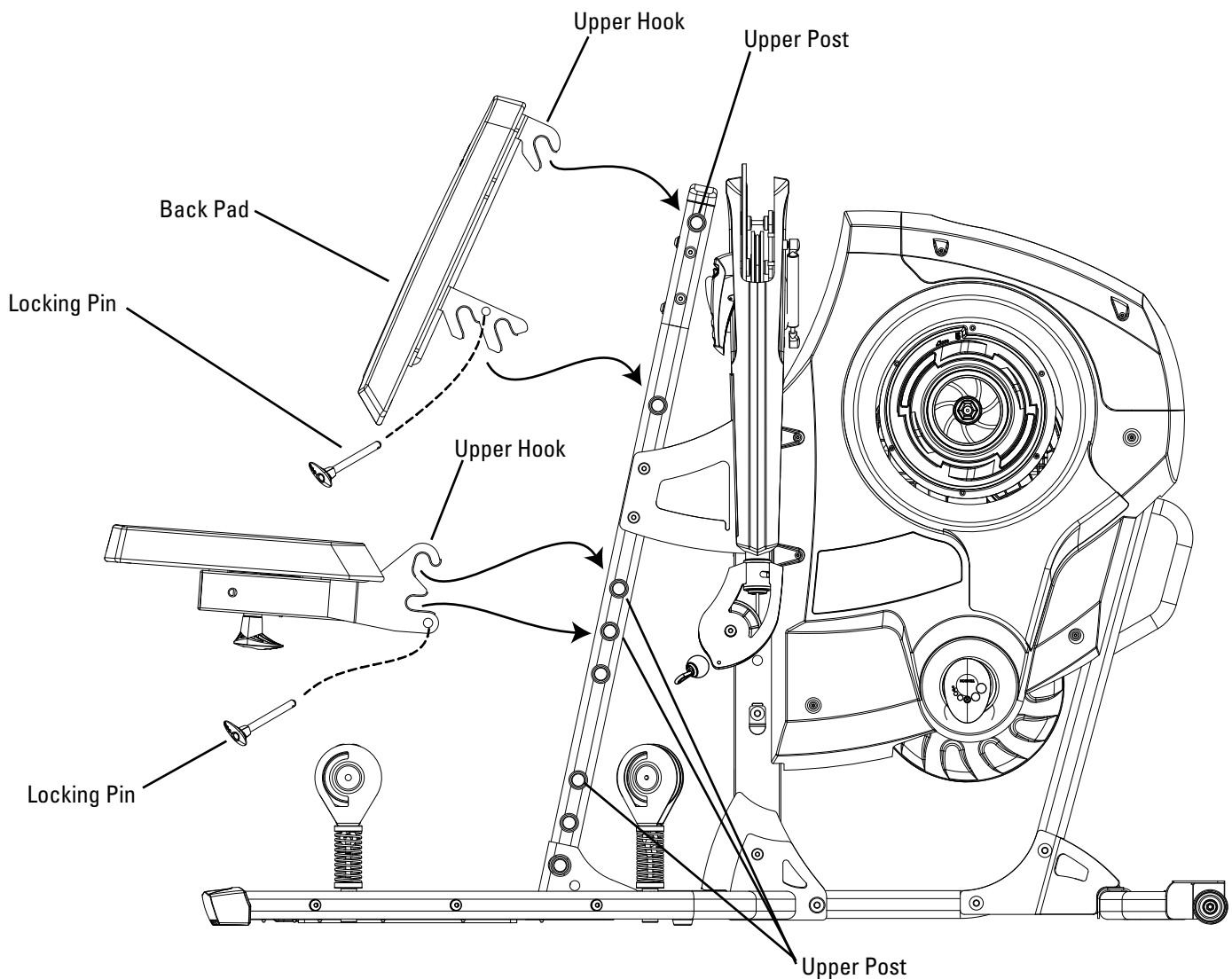
Seat and Back Pad with Locking Pin

Attach the seat and back pad to the seat rail by placing the upper hooks onto the respective upper posts and rotating the lower hooks into position.

Once the pads are in position, insert the locking pin through the hole behind the lower hook to secure the pad:

- Use the locking pin to secure the seat pad for the Standing Single Leg Curl exercise.
- Use the locking pin to secure the back pad when you are performing seated lat pulldowns.

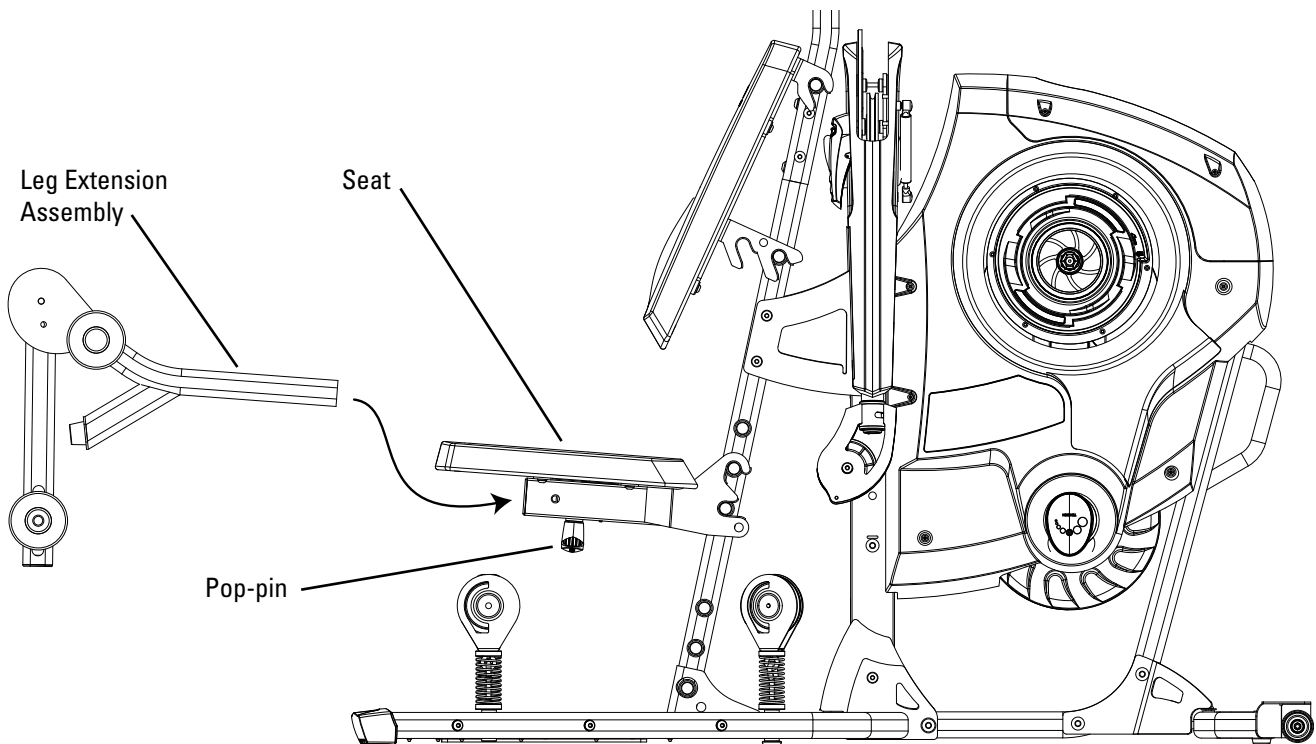
Note: Do not use the locking pin on the back pad when it is in the angled position.



Installing the Seat and Attachments

Leg Extension

The Leg Extension is used when doing leg extension and leg curl exercises. To attach the Leg Extension, pull down on the pop-pin under the seat and insert the leg extension into the mounting bracket. Slide the Leg Extension to the desired position and screw the pop-pin tightly into place. Then attach the hooks on the ends of the Squat Pulley cables to the snaphook on the Leg Extension.



Installing Attachments

Lat Tower (ordered separately)

The Lat Tower is used for performing a wide variety of standing and seated exercises. The product kit includes the Lat Pulldown Bar, which enhances exercises that work the back, shoulders and triceps muscles.

Remove the cap on the mast of the main frame. Insert the Lat Tower in the mast and secure with the bolts provided. Refer to the Lat Tower Assembly Manual for detailed instructions.

Safety precautions:

- Before using the Lat Cross Bar, make sure that all fasteners are in place and tightened.
- Make sure that the Lat Tower cables are securely fastened to the regular Bowflex® cables and the Lat Pulldown Bar or Hand Grips.
- Always use the Lat Bar holders to support the Lat Pulldown Bar, or remove the bar when not in use.
- Do not hang from or attempt to perform “chin ups” from the Lat Cross Bar.
- Never pull on the Lat Pulldown Bar unless there is resistance attached to it.



Ab Attachment (ordered separately)

Use the ab attachment when performing ab crunch exercises. Remove the locking pin from the back of the seatback, and remove the seatback from the seat rail. Install the ab attachment in its place on the seat rail.



Companion Equipment

Bowflex Revolution® XP Accessory Rack (ordered separately)

The Bowflex Revolution® XP home gym comes with many accessories and attachments to provide you with a wide variety of exercises. Between workouts, this specially designed accessory rack stores the gear that makes your home gym versatile, so your workout area stays organized and ready for your next workout.

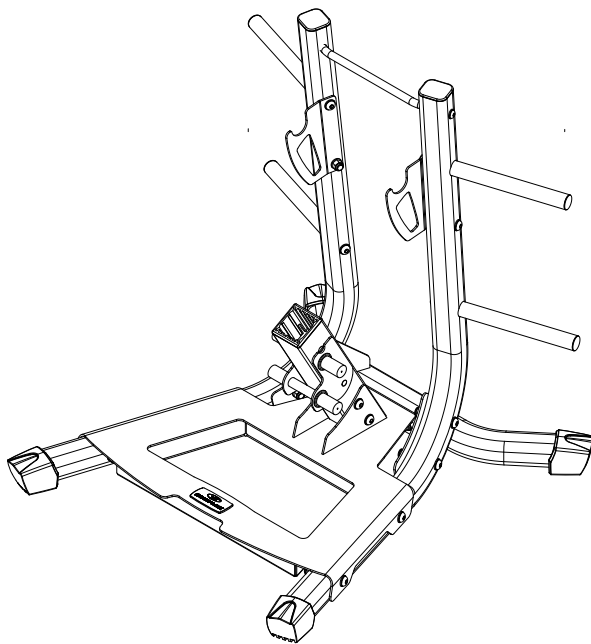
The accessory rack features specially designed storage for many accessories including:

- Leg Extension
- Resistance Packs
- Handgrips & Foot Harnesses
- Squat Harness
- Ab Attachment Seat Back (optional)

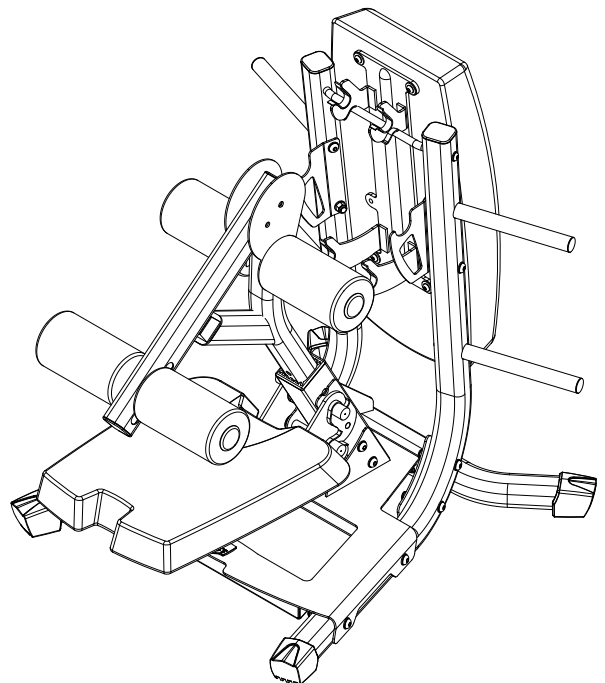
Heavy-duty steel construction for years of use

Stand Size: 29.01" L x 28.81" W x 30.2" H (73.83cm x 73.17cm x 76.71cm)

Unloaded Rack



Rack with Accessories



Check out the Bowflex Revolution® XP Accessory Rack and a wide selection of other great products available at www.bowflex.com

Defining Your Goals

Your body will do what you train it to do. That's why it's important to define your goals and focus on those goals. Here are some fitness components that will help you define your goals and choose your fitness program.

Muscle Strength is the maximum force you can exert against resistance at one time. Your muscle strength comes into play when you pick up a heavy bag of groceries or lift a small child. It is developed when a localized muscle is worked both positively (concentric) and negatively (eccentric) at a resistance great enough to perform only five to eight repetitions of the exercise before the muscle fails. Each set of repetitions is followed by a rest interval that typically runs three times longer than the set. Later, between exercise sessions, the muscle overcompensates for the stress and usually increases in both strength and size.

Muscle Endurance is the ability to perform repeated contractions. It comes into play when you cross-country ski or work on your feet all day. Endurance training addresses the slow twitch, endurance muscle fibers, which depend on oxygen for energy. To develop muscle endurance, use low resistance and high repetitions—about 15-20 repetitions in each set, three sets to each exercise, working the muscle only to fatigue.

Muscle Power is the combination of strength and speed of the muscular contraction. This is often misinterpreted as:

- a) Being directly associated with certain skill or sport; and/or
- b) Meaning that you must move fast.

Load is actually a more important factor than speed when attempting to improve power. When training to achieve muscular power, pick a resistance that fatigues you in the 3-5 repetition range. When performing these reps, it is more important to think of contracting the muscles faster rather than attempting to move faster. Performing sport simulation exercises usually results in a deterioration of the motor pattern or skill. The biomechanically sound method of improving power in your sport is to train for power using the correct joint movements, as described in this manual. Then practice the skill associated with your sport, learning to apply this newly achieved power.

Body Composition is the ratio of fat weight (fat) to lean weight (muscles, bones and tissue). As you age, the ratio shifts. The fat weight increases and the lean weight decreases. Training for muscle strength will generally increase muscle size and aerobic conditioning will help burn extra calories. Performing these two forms of exercise, either at different times or together, will create the greatest changes in body fat weight.

Balanced Strength and alignment is the result of equal strength developed in all parts of the body. It comes into play in your standing and sitting posture, and in your ability to perform just about any activity safely and effectively. An over-development of the back will round the shoulders; weak or stretched abdominals can cause lower back pain. You want a balance of muscle strength in front and back. In addition, you need a balance of strength between your middle, lower, and upper body.

Flexibility is the ability of a muscle or group of muscles to move the joint through a full range of motion. Flexibility comes into play when you execute an overhand serve or stretch for the top shelf in the kitchen. It is a cooperative movement of opposite muscle groups. When a muscle contracts, its opposite muscle group must relax for the action to occur. Increased flexibility means an increased range of motion, made possible by this simultaneous contracting and relaxing. Good flexibility is important in protecting the body from injury and can be achieved through the balanced strength training programs included in this manual.

Cardiovascular Endurance is the ability of the heart and lungs to supply oxygen and nutrients to exercising muscles over an extended period of time. It comes into play when you jog a mile or ride a bike. It is a critical component of overall fitness and health. Any exercise program must be supplemented with cardiovascular training.

Defining Your Goals

Reaching Your Goals

To reach your goals you must follow a consistent, well designed program that provides balanced development to all parts of the body and includes both aerobic and strength exercise. Only then will you meet your goals safely and efficiently.

The workout routines found in this manual are professionally designed and written to target specific fitness goals. Should you not find one specific program to your liking, you can design your own, based on sound information and the principles found in this manual.

Designing Your Own Program

You may want to design your own personal program specifically geared to your goals and lifestyle. Designing a program is easy, as long as you follow these guidelines.

Understand fitness and its components: Improperly designed programs can be dangerous. Take some time to review this manual as well as other fitness guides.

Know your current fitness level: Before you start any fitness program you should consult a physician who will help you determine your current abilities.

Identify your goals: Goals are critical to choosing and designing an exercise program that fits and enhances your lifestyle, but so is strategy. It's important not to rush the process and try to accomplish too much too soon. That will lead to setbacks and discouragement. Instead, set a series of smaller achievable goals.

Select complementary exercises: Be sure to pair exercises that address compound joint movements and single joint movements. In addition, select exercises that address complementary muscle groups.

Put first things first: During each session, first work those muscle groups that need the most training.

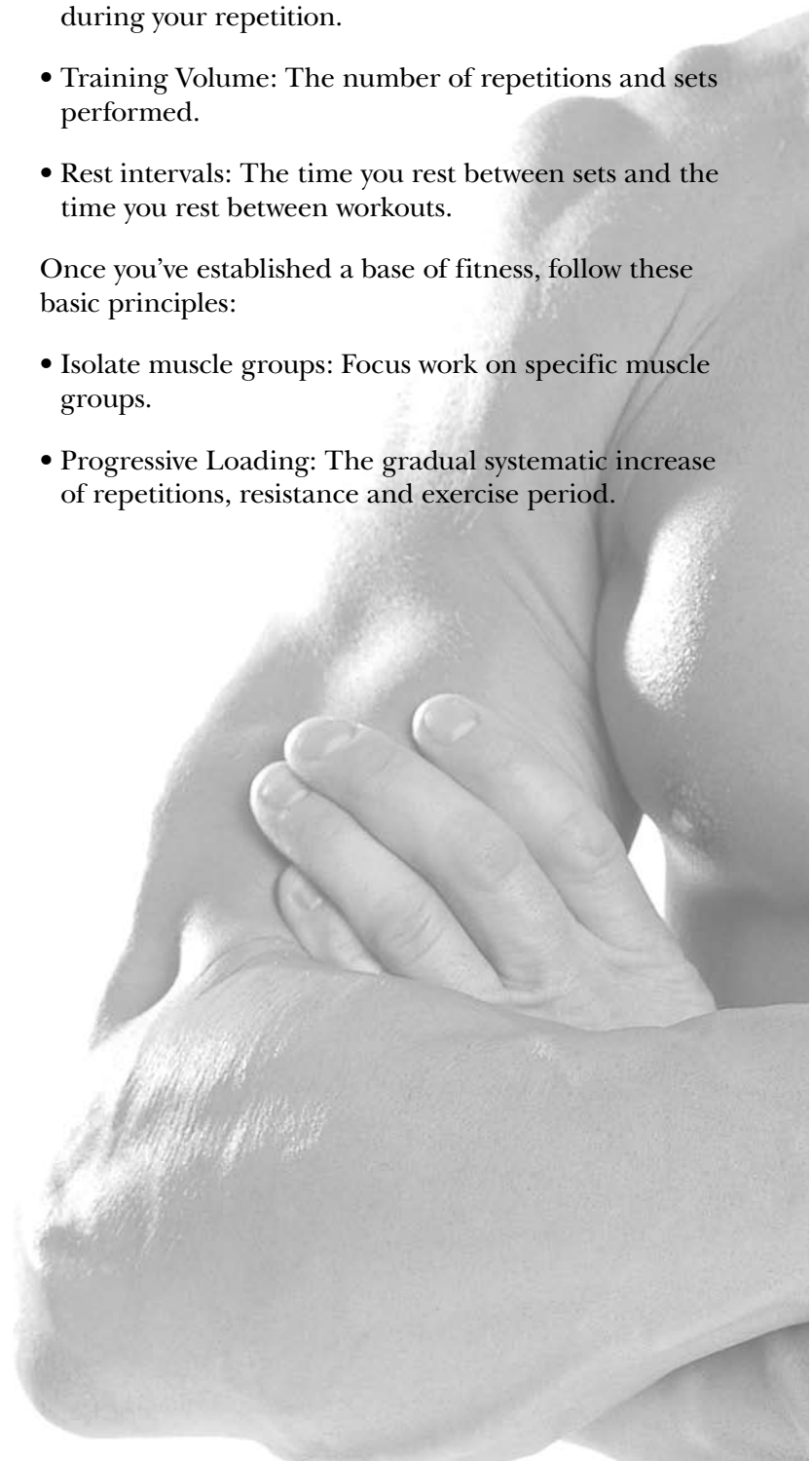
Remember your cardiovascular component: Any fitness program must contain a cardiovascular fitness component to be complete. So complement your resistance training with aerobic exercise such as walking, running, bicycling or rowing.

Training variables: When designing your own program there are several variables that, when mixed properly, will equal the right fitness formula for you. In order to find the best formula, you must experiment with several combinations of variables. The variables are as follows:

- **Training Frequency:** The number of times you train per week. We recommend daily activity but not daily training of the same muscle group.
- **Training Intensity:** The amount of resistance used during your repetition.
- **Training Volume:** The number of repetitions and sets performed.
- **Rest intervals:** The time you rest between sets and the time you rest between workouts.

Once you've established a base of fitness, follow these basic principles:

- **Isolate muscle groups:** Focus work on specific muscle groups.
- **Progressive Loading:** The gradual systematic increase of repetitions, resistance and exercise period.



Exercising Properly

Working Out

A workout begins in your mind's eye. With concentration and visualization you can approach your workout with a positive, constructive attitude. A good pre-workout mental routine is to sit and relax, so you can focus on what you are about to do and think about achieving your end goal.

Warming Up

It is important to warm up each muscle group before doing strenuous resisted exercise. We recommend that you warm up by doing light stretching and performing light exercises on the Bowflex Revolution® XP home gym.

Breathing

The most important part of breathing during exercise is, quite simply, that you do it. Breathing in or out during the actual performance is not dependent upon the direction of air flow relative to exertion. It is, in fact, a mechanical process that changes the position of your spine as your rib cage moves. Here are some tips for breathing:

- 1) Be cautious when you are concentrating or exerting effort. This is when you will probably hold your breath. **DO NOT** hold your breath. Do not exaggerate breathing. Depth of inhalation and exhalation should be natural for the situation.
- 2) Allow breathing to occur naturally. Don't force it.

Performing Your Routine

The workout portion of your fitness routine is the series of exercises devoted to your particular goals. Remember, make sure to have fun!

Cool Down

An essential part of the exercise routine is the cool down. Gradually reduce the level of exercise intensity so that blood does not accumulate in one muscle group, but continues to circulate at a decreasing rate. We recommend the rowing exercise for the cool down. Remember to gradually move yourself into a relaxed state.

The Workouts

20 Minute Better Body Workout

Frequency: 3 Days Per Week (M-W-F) Time: About 20 Minutes

Start by performing one set of each exercise. Warm up with a light resistance exercise that you can perform easily for 5 -10 reps without fatiguing. Focus on practicing and learning your technique before increasing the resistance. Then move to a more challenging resistance you can perform for no less than 10 reps and no more than 15 reps without your form deteriorating. As you become stronger, you can advance to two sets for each exercise. Complete all sets of each exercise before moving on to the next. Rest 30 to 45 seconds between sets. Move slowly on each rep. Use a pace that will allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-2	10-15
Back	Seated Lat Pulldown	1-2	10-15
Shoulders	Crossover Rear Deltoid Row	1-2	10-15
Arms	Standing Biceps Curl	1-2	10-15
	Cross Triceps Extension	1-2	10-15
Legs	Leg Extension	1-2	10-15
	Standing Single Leg Curl	1-2	10-15
	Standing Single Leg Calf Raise	1-2	10-15
Trunk	Standing Low Back Extension	1-2	10-15
	Standing Abdominal Crunch	1-2	10-15

Advanced General Conditioning

Frequency: 4 Days Per Week (M-TTH-F) Time: About 35-45 Minutes

When you are proficient in performing the exercise techniques of the above routine and are no longer realizing results, or if you become bored, it is time to change your program. You can increase your training with this “split system” routine that works opposing muscle groups on different days. To do this, you’ll increase your resistance when you can perform 12 reps perfectly, and you’ll increase your volume by performing more sets and more exercises. Move slowly on each rep. Use a pace that will allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

Day 1 & 3

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-3	10-12
Shoulders	Seated Shoulder Press	1-3	10-12
Arms	Triceps Pushdown with Bar	1-3	10-12
	Seated French Press	1-3	10-12
Legs	The Squat	1-3	10-12
	Standing Single Leg Curl	1-3	10-12
	Standing Calf Raise	1-3	10-12

Day 2 & 4

Body Part	Exercise	Sets	Reps
Back	Standing Lat Row	1-3	10-12
	Stiff Arm Pulldown	1-3	10-12
Shoulders	Bent Rear Deltoid Row	1-3	10-12
Arms	Standing Biceps Curl	1-3	10-12
	Reverse Grip Barbell Curl	1-3	10-12
Trunk	Standing Low Back Extension	1-3	10-12
	Standing Abdominal Crunch	1-3	10-12
	Standing Single Arm/Single Leg Lat Row	1-3	10-12

The Workouts

20 Minute Upper/Lower Body

Frequency: 4 Days Per Week (M-T-T-H-F) Time: About 20 Minutes

This program provides you with a quick and effective workout that combines muscle conditioning with some cardiovascular benefits. Do this routine when you are limited in time or just want a variation to your normal routine. Perform this program training 2 days, resting 1 to 2. Perform all exercises to near failure, stopping at the point that your technique starts to deteriorate. Rest only 20-30 seconds between sets. As you get stronger, increase the number of sets you perform. Move slowly on each rep. Use a pace that will allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

DAY 1 & 3

Body Part	Exercise	Sets	Reps
Chest	Bench Press	1-3	12-15
Back	Crossover Narrow Pulldown	1-3	12-15
Shoulders	Standing Lateral Raise	1-3	12-15
Arms	Standing Biceps Curl	1-3	12-15
	French Press	1-3	12-15

DAY 2 & 4

Body Part	Exercise	Sets	Reps
Legs	Leg Extension	1-3	12-15
	Standing Leg Curl	1-3	12-15
	Standing Hip Extension	1-3	12-15
	Standing Calf Raise	1-3	12-15
Trunk	Standing Low Back Extension	1-3	10-12
	Standing Abdominal Crunch	1-3	10-12

The Workouts

Body Building

Frequency: 3 Days On, 1 Day Off **Time: About 45-60 Minutes**

Body building requires focused concentration and dedication to training, as well as proper eating habits. Train each muscle group to failure before moving on to the next exercise. Do not neglect any muscle group. If needed, include an aerobic activity to increase your caloric expenditure and help to reduce your body fat levels to achieve a defined muscular look. Rest 30-60 seconds between each set and exercise. Focus on proper form. Tighten the muscle before you move, squeeze the muscle as you move, cramp the muscle at the point of full contraction, and resist the movement as you lower the weight. Move slowly on each rep. Use a pace that will allow you to stop the movement instantly at any point in the rep. Count three seconds up and three seconds down and work to fatigue during each set.

DAY 1

Body Part	Exercise	Sets	Reps
Chest	Bench Press	2-4	8-12
	Chest Fly	2-4	8-12
Shoulders	Seated Shoulder Press	2-4	8-12
	Crossover Bent Rear Rear Deltoid Rows	2-4	8-12
	Standing Lateral Raise	2-4	8-12
	Shoulder Shrug	2-4	8-12

DAY 2

Body Part	Exercise	Sets	Reps
Back	Seated Lat Pulldown	2-4	8-12
	Narrow Pulldowns	2-4	8-12
Arms	Standing Biceps Curl	2-4	8-12
	Reverse Grip Barbell Curls	2-4	8-12
	Cross Triceps Extension	2-4	8-12
	French Press	2-4	8-12

DAY 3

Body Part	Exercise	Sets	Reps
Legs	The Squat	2-4	8-12
	Leg Extension	2-4	8-12
	Standing Hip Extension	2-4	8-12
	Standing Single Leg Curl	1-3	8-12
	Seated (Straight Leg) Calf Raise	2-4	12-15
Trunk	Standing Low Back Extensions	2-4	8-12
	Standing Abdominal Crunch	2-4	8-12
	Seated Resisted Oblique Crunch	2-4	8-12

The Workouts

Circuit Training – Anaerobic/Cardiovascular

Frequency: 2-3 Times Per Week

Time: About 20-45 Minutes

Circuit training is a great way to achieve the benefits of strength training and cardiovascular training in one quick, challenging routine. The idea is to move quickly from exercise to exercise, taking only as much rest between sets as it takes to set up the next exercise (less than 20 seconds). One circuit equals one set of each exercise. Initially, start with completing one round of Circuit 1. Then add an additional round of the same circuit. Once you reach three rounds of Circuit 1, add one round of Circuit 2. Add additional rounds of Circuit 2 as your fitness level increases. Repeat process with Circuit 3. Do not let your heart rate exceed 220 minus your age. Perform each rep of each exercise slowly and with perfect technique. Count three seconds up and three seconds down. Warm-up with 5-15 minutes of rowing or some other aerobic exercise before starting your circuits.

Circuit 1

Body Part	Exercise	Reps
Chest	Bench Press	8-12
Legs	The Squat	8-12
Back	Seated Lat Pulldown	8-12
Legs	Seated Leg Curl	8-12
Trunk	Standing Abdominal Crunch	8-12

Circuit 2

Body Part	Exercise	Reps
Shoulders	Seated Shoulder Press	8-12
Legs	Leg Extension	8-12
Back	Seated Lat Pulldown	8-12
Trunk	Standing Low Back Extension	8-12
Arms	Standing Biceps Curl	8-12

Circuit 3

Body Part	Exercise	Reps
Shoulders	Rear Deltoid Rows	8-12
Arms	Cross Triceps Extensions	8-12
Legs	Standing Single Leg Curl	8-12
Trunk	Seated Resisted Oblique Crunch	8-12
Legs	Seated (Straight Leg) Calf Raise	8-12

The Workouts

Strength Training

Frequency: 3 Days Per Week (M-W-F) Time: About 45-60 Minutes

This program is designed to emphasize overall strength development. This is an advanced routine to be used only after you have progressed from the advanced general conditioning routine and only after you have perfected your exercise techniques. Work each set to near exhaustion. If you can perform more than 5 to 8 reps, you should increase your resistance 5 pounds and decrease your reps to 5. Rest 60 - 120 seconds between each set and exercise. Focus on proper form. Tighten the muscle before you move, squeeze the muscle as you move, cramp the muscle at the point of full contraction, and resist the movement as you lower the weight. Move slowly on each rep. Use a pace that will allow you to stop the movement instantly at any point in the rep. Count two seconds up and four seconds down and work to fatigue during each set.

Day 1

Body Part	Exercise	Sets	Reps
Chest	Bench Press	2-4	5-8
	Chest Fly (wide pulley)	2-4	5-8
Shoulders	Seated Shoulder Press	2-4	5-8
	Standing Lateral Raise	2-4	5-8
	Rear Deltoid Row	2-4	5-8
	Shoulder Shrug	2-4	5-8

Day 2

Body Part	Exercise	Sets	Reps
Back	Barbell Bent Over Row	2-4	5-8
	Wide Pulldown	2-4	5-8
Arms	Standing Biceps Curl	2-4	5-8
	Reverse Grip Barbell Curl	2-4	5-8
	Triceps Extension	2-4	5-8
	Triceps Pushdown	2-4	5-8

Day 3

Body Part	Exercise	Sets	Reps
Legs	The Squat	2-4	5-8
	Lying Prone Leg Curl	2-4	5-8
	Standing Single Leg Leg Curl	2-4	5-8
	Seated (Straight Leg) Calf Raise	2-4	5-8
Trunk	Standing Low Back Extension	2-4	8-12
	Standing Abdominal Crunch	2-4	5-8

Exercises

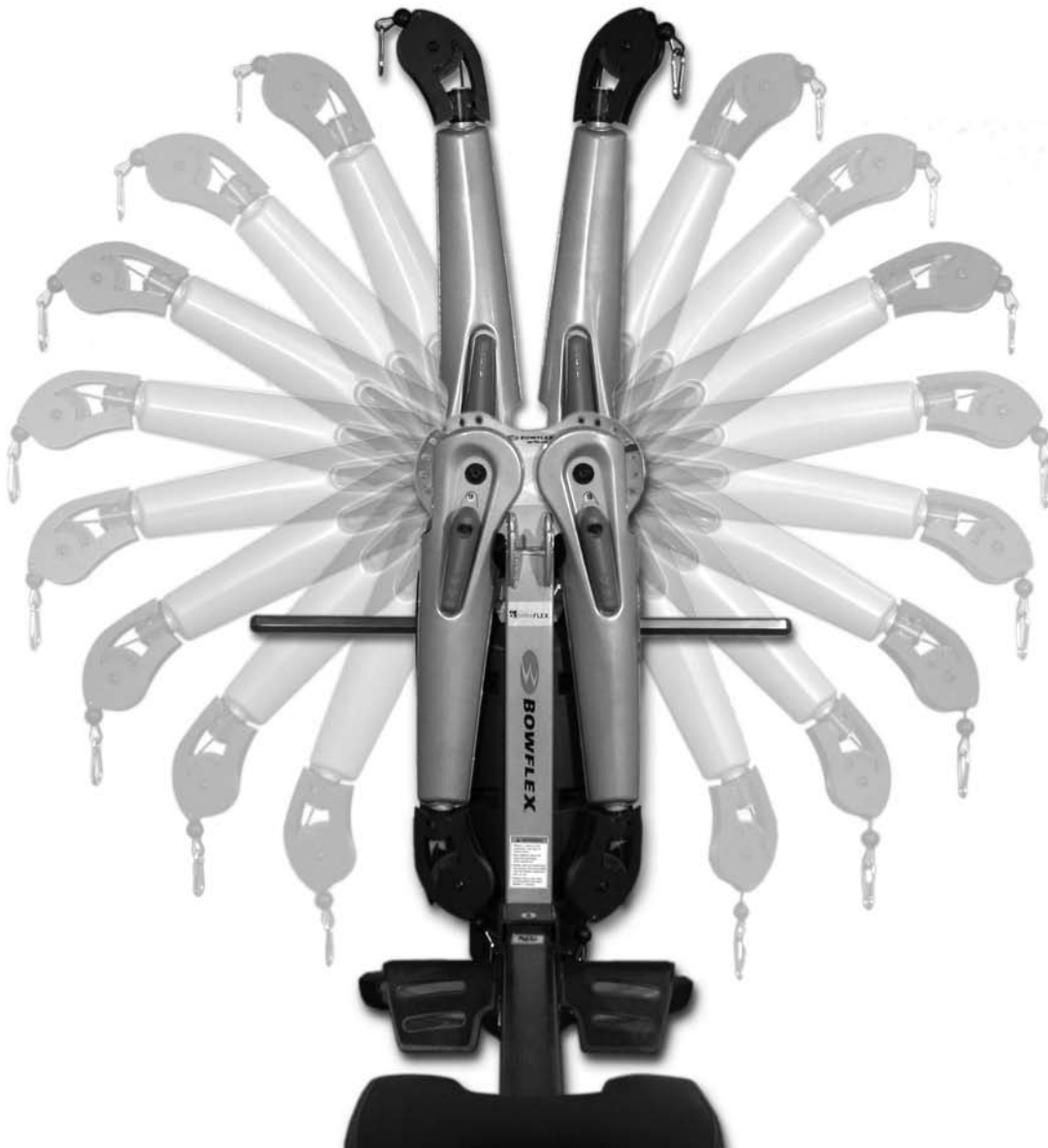
A Revolutionary Way to Exercise

The Bowflex Revolution® XP home gym provides a more than 90 exercises and over 400 total variations. You can switch quickly between hundreds of exercises with less setup time than most gym machines. That means a shorter workout while maintaining a higher, calorie-burning heart rate.

This manual and the included poster provide information on a large number of these exercises, but feel free to vary the exercises to meet your needs. Using the adjustable freearms, you can set the arms at 8 for one exercise, and exercise an entirely different set of muscles by simply moving the freearms to 6 or 7 and doing the same exercise.

Changing exercises is simple. The freearms rotate between positions 0 and 9, with 0 being straight up and 9 being straight down. That means you have ten arm positions to work out with, each one providing a slightly different variation of each exercise. Switching cables between exercises is simple with snap-hook attachments.

Please note that the exercise photos in this section show the optional Lat Tower and Ab Attachment (available separately).



Chest Exercises

Bench Press — Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps

Position:

Seated—facing outward

Accessory:

Long Hand Grips

Adjustable Arm Position:

5 or 6



Success Tips

- Maintain a 90° angle between upper arms and torso throughout motion.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- Keep elbows in front of shoulders.
- Keep shoulder blades pinched together and maintain good spinal alignment.

START

- Grasp Hand Grips in both hands.
- Bend your elbows until hands are at chest level. Rotate upper arms away from torso, elbows out, palms forward.
- Line up arms with cables keeping your wrists straight.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

FINISH

- Slowly press your hands forward, straightening your arms while moving your hands together.
- Do not lock elbows.
- Return to Start position, keeping your wrists at shoulder width and in line with the cables.

Chest Fly — Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major; Anterior Deltoid

Position:

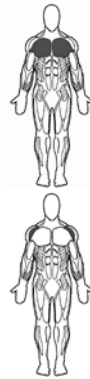
Seated—facing outward

Accessory:

Long Hand Grips

Adjustable Arm Position:

5 or 6



Success Tips

- Maintain a 60-90° angle between upper arms and torso during exercise.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- To improve your pectoralis involvement, keep your shoulder blades pinched together throughout upward and downward movements.

START

- Grasp Hand Grips in both hands.
- Open your arms into a wide, elbow bent position. Keep elbows and forearms below chest level, palms forward.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

FINISH

- Slowly press your arms forward and upward, straightening arms and moving your hands together.
- Rotate your wrists and forearms upward, making sure that your arms are directly in line with the cables.
- Slowly return to Start position.

Chest Exercises

Decline Bench Press — Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps

Position:

Seated—facing outward

Accessory:

Long Hand Grips

Adjustable Arm Position:

5 or 6

Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- Do not let your elbows travel behind your shoulders.
- Keep shoulder blades pinched together and maintain good spinal alignment.



START



START

- Grasp Hand Grips in both hands.
- Cables travel beneath arms, forearms aligned with cables.
- Bend your elbows, keeping your forearms at least 10° lower than when in the standard Bench Press Start position.
- Raise chest, pinch shoulder blades together, and maintain a comfortable arch in lower back.

FINISH



FINISH

- Slowly straighten your elbows, keeping upper arms at a 90° angle from your torso. Forearms should be 5- 6" lower than when in the standard Bench Press position.
- Do not lock your elbows.
- Slowly return to the Start position, keeping your wrists steady and your movements slow and controlled.

Incline Bench Press — Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps

Position:

Seated—facing outward

Accessory:

Hand Grips

Adjustable Arm Position:

6 or 7

Success Tips

- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- Do not let your elbows travel behind your shoulders.
- Keep shoulder blades pinched together and maintain good spinal alignment.



START



START

- Grasp Hand Grips in both hands.
- Cables travel over arms, forearms aligned with cables.
- Bend your elbows, keeping your forearms at least 10° higher than when in the standard Bench Press Start position.
- Raise chest, pinch shoulder blades together, and maintain a slight arch in your lower back.

FINISH



FINISH

- Slowly straighten your elbows, keeping upper arms at a 90° angle from your torso. Forearms should be 5- 6" higher than when in the standard Bench Press position.
- Do not lock your elbows.
- Slowly return to the Start position, keeping your wrists steady and your movements slow and controlled.

Chest Exercises

Decline Chest Fly – Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major; Anterior Deltoid

Position:

Seated—facing outward

Accessory:

Hand Grips

Adjustable Arm Position:

5 or 6

Success Tips

- Maintain a 60-90° angle between upper arms and torso during the exercise.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- To improve your pectoralis involvement, pinch your shoulder blades together throughout movement.



START



START

- Grasp Hand Grips in both hands.
- Open your arms into a wide, “embrace” position, elbows slightly bent. Press your forearms downward. At full extension, hands should be level with your hips, palms facing forward.
- Do not lock your elbows.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

FINISH



FINISH

- Slowly press your arms forward and downward, straightening arms and moving your hands together. Hands should be 5-6” lower than standard Chest Fly finish position.
- Rotate your wrists and forearms upward.
- Return to Start position, slowly bringing your arms in front of you, just below chest level.

Incline Chest Fly – Shoulder Horizontal Adduction (elbow stabilized)

Muscles worked:

Pectoralis Major; Anterior Deltoid

Position:

Seated—facing outward

Accessory:

Hand Grips

Adjustable Arm Position:

6 or 7

Success Tips

- Maintain a 60-90° angle between upper arms and torso during the exercise.
- Keep chest muscles tightened. Limit and control your range of motion.
- Keep knees bent, feet on Platform, head back against Seat Back Pad.
- To improve your pectoralis involvement, pinch your shoulder blades together throughout movement.



START



START

- Grasp Hand Grips in both hands.
- Press your arms forward and upward, straightening arms and moving your hands together. Hands should be 5-6” higher than standard Chest Fly Start position.
- Do not lock your elbows.
- Raise chest, pinch shoulder blades together, and maintain a slight, comfortable arch in your lower back.

FINISH



FINISH

- Open your arms into a wide, “embrace” position, elbows slightly bent. Press your forearms upward. At full extension, your elbows should be level with your ears, palms facing forward.
- Rotate your wrists and forearms upward.
- Return to Start position, slowly bringing your arms in front of you, just below chest level.

Chest Exercises

Standing Chest Press — Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

3 or 4



START



FINISH

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between upper arms and torso throughout the motion.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.

START

- Grasp Hand Grips so the cables are in line close to the front of your forearms.
- Stand with one foot forward and one foot back for added stability.
- Start with elbows bent to 90° and slightly behind or equal to the shoulders.

FINISH

- Press straight out away from your chest, bringing the handles together in front of you.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Standing Chest Press w/ Alternating Shoulder Movement

Muscles worked:

Pectoralis Major; Deltoids; Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

3 or 4



START



FINISH

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between upper arms and torso throughout the motion.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.
- Do not allow your trunk to rotate during the motion.

START

- Grasp Hand Grips so the cables are in line close to the front of your forearms.
- Stand with one foot forward and one foot back for added stability.
- Start with elbows bent to 90° and slightly behind or equal to the shoulders.

FINISH

- Press straight out away from your chest with one arm, as the other arm moves out and back. This is an alternating motion, so your arms will move in the opposite direction during the set.
- Slowly return each arm to the Start position keeping tension on the chest throughout the motion.

Chest Exercises

Standing Incline Chest Press — Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

4 or 5

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between upper arms and torso at the start of the press, and slightly higher than 90° at the finish.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.



START



START

- Stand with one foot forward and one foot back for added stability.
- Start with elbows bent to 90° and slightly behind or even with the shoulders.

FINISH



FINISH

- Press slightly upward, away from your chest, bringing the handles together in front of you at about 10° above your shoulders.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Standing Incline Chest Press w/ Alternating Motion

Muscles worked:

Pectoralis Major; Deltoids; Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

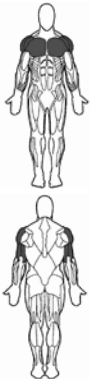
Long Hand Grips

Adjustable Arm Position:

4 or 5

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between upper arms and torso throughout the motion.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.
- Do not allow your torso to rotate or bend side to side during the motion.



START



START

- Grasp Hand Grips so the cables are in line close to the front of your forearms.
- Stand with one foot forward and one foot back for added stability.
- Start with elbows bent to 90° and slightly behind or equal to the shoulders, and the other arm straight in front of you at a slight inclined angle about head high.

FINISH



FINISH

- Press one arm slightly upward away from your chest, the other arm moves out and back. This is an alternating motion, so your arms will move in the opposite direction during the set.
- Slowly return each arm to the Start position keeping tension on the chest throughout the motion.

Chest Exercises

Standing Decline Chest Press — Shoulder Horizontal Adduction (and elbow extension)

Muscles worked:

Pectoralis Major; Deltoids; Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

3, 4 or 5

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between your upper arms and torso at the start of the motion, and slightly less than 90° at the finish.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulderblades pinched, chest lifted and a slight curve in the lower back.



START



FINISH



START

- Grasp the handles so the cables travel under the forearm.
- Keep your forearms in line with the cable at all times.
- Start with elbows back and upper arms 90° from your torso.
- Elbows should be 10° lower than the standard bench press position.
- Stand with one foot forward and one foot back for added stability.

FINISH

- Press forward, straightening your arms while moving your hands toward the center and slightly downward about 10° below your shoulders.
- Do not lock your elbows.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Standing Decline Chest Press W/ Alternating Motion

Muscles worked:

Pectoralis Major; Deltoids; Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

3, 4 or 5

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulderblades pinched, chest lifted and a slight curve in the lower back.
- Do not allow your torso to rotate or bend side to side during the motion.



START



FINISH



START

- Grasp the handles so the cables are in line and close to the front of your forearms.
- Stand with one foot forward and one foot back for added stability.
- Start with one elbow bent to 90° and slightly behind or even with the shoulder, the other arm straight in front of you 10° lower. Do not lock the elbow.

FINISH

- Press one arm slightly downward away from your chest, as the other arm moves out and back. This is an alternating motion, so your arms will move in the opposite direction during the set.
- Slowly return each arm to the Start position, keeping tension on the chest throughout the motion.

Chest Exercises

Standing Chest Fly — Shoulder Horizontal Adduction (elbow stabilization)

Muscles worked:

Pectoralis Major; Deltoids. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

4, 5 or 6

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between upper arms and torso throughout the motion.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.



START



START

- Grasp the handles so the cables lie close to the front of your forearms and palms facing forward.
- Stand with one foot forward and one foot back for added stability.
- Stabilize the elbows so they are slightly bent and slightly behind or equal to the shoulders.

FINISH



FINISH

- Slowly move the arms forward and inward, bringing the handles together in front of you.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Standing Incline Chest Fly — Shoulder Horizontal Adduction (elbow stabilization)

Muscles worked:

Pectoralis Major; Deltoids. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

4, 5 or 6

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.



START



START

- Grasp the handles so the cables lie close to the front of your forearms, and palms face forward.
- Stand with one foot forward and one foot back for added stability.
- Stabilize the elbows so they are slightly bent and slightly behind or even with the shoulders.

FINISH



FINISH

- Slowly move the arms slightly upward and inward, bringing the handles together in front of you at about neck/chin height.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Chest Exercises

Standing Decline Chest Fly – Shoulder Horizontal Adduction (elbow stabilization)

Muscles worked:

Pectoralis Major; Deltoids. Also ankles, knees, hips and core in stabilization

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

4 or 5

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blades pinched, chest lifted and a slight curve in the lower back.



START



START

- Grasp the Hand Grips so the cables lie close to the front of your forearms and palms face forward.
- Stand with one foot forward and one foot back for added stability.
- Stabilize the elbows so they are slightly bent and slightly behind or equal to the shoulders.

FINISH



FINISH

- Slowly move the arms slightly downward and inward, bringing the handles together in front of you at about lower chest height.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Standing Single Arm Chest Fly – Shoulder Horizontal Adduction (elbow stabilization)

Muscles worked:

Pectoralis Major; Deltoids. Also ankles, knees, hips and core in stabilization

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

4 or 5

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Maintain a 90° angle between upper arm and torso throughout the motion.
- Keep chest muscles tight, limit and control your range of motion.
- Keep knees slightly bent, feet flat on the floor and in a staggered step for stability.
- Keep shoulder blade pinched, chest lifted and a slight curve in the lower back.
- Do not lean sideways or turn the trunk during the motion.



START



START

- Grasp the Hand Grip so the cable lies close to the front of your forearm and palm face forward.
- Stand with one foot forward and one foot back for added stability.
- Stabilize the elbow so it is slightly bent and slightly behind or equal to the shoulder.

FINISH



FINISH

- Slowly move the arm forward and inward, bringing the handle in front of you.
- Slowly return to the Start position, keeping tension on the chest throughout the motion.

Shoulder Exercises

Crossover Rear Delt Rows — Elbow Flexion

Muscles worked:

Anterior and Middle Deltoids

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

2 or 3



START



FINISH



Success Tips

- Maintain a 90° angle between your upper arms and torso during motion.
- Lift your chest, keep knees bent and feet on Platform or in front of it.
- Keep shoulder blades pinched together and maintain good spinal alignment.

START

- Cross your arms in front of you and grasp the Hand Grips (right Grip in left hand and vice versa), palms facing toward the floor, arms nearly straight.
- Raise your arms in front of your body until they are at a 90° angle to your torso.

FINISH

- Allowing your arms to bend slowly, move your elbows outward and backward between your upper arms and torso.
- Keep your forearms pointing in the direction of the cables.
- Slowly return to the Start position. Do not relax the tension in your shoulder muscles.

Crossover High Rear Delt Rows — Elbow Flexion

Muscles worked:

Anterior and Middle Deltoids

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

0 or 1



START



FINISH



Success Tips

- Maintain a 90° angle between your upper arms and torso during motion.
- Keep shoulder blades pinched together, good spinal alignment and your chest lifted throughout exercise.
- Lift your chest, keep your knees bent and feet on Standing Platform or in front of the platform.

START

- Cross your arms in front of you and grasp the Hand Grips (right Grip in left hand and vice versa), palms facing toward the floor, arms nearly straight.
- Stand up straight and then lean back slightly from hips.

FINISH

- Allowing your arms to bend slowly, move your elbows outward and backward between your upper arms and torso.
- Keep your forearms pointing in the direction of the cables.
- Move until your elbows are slightly behind your shoulders.
- Slowly return to the Start position. Do not relax the tension in your shoulder muscles.

Shoulder Exercises

Bent Rear Delt Row

Muscles worked:

Teres Major; Rear Deltoids. Also core muscle group for stability.

Position:

Standing—facing machine. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not bend your neck forwards or backwards during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.



START



START

- Pivot forward from your hips, knees bent, spinal muscles tight.
- Grasp the Hand Grips, palms facing backward. Keep hands shoulder-width apart.
- Let your arms hang in the direction of the pulleys—do not lock your elbows.

FINISH



FINISH

- Initiate movement by pulling your elbows back as you bring the Hand Grips upward to a point below your chest. Keep hands shoulder-width apart.
- Slowly return to Start position, keeping your knees bent and your back flat.

Crossover Bent Rear Delt Row

Muscles worked:

Teres Major; Rear Deltoids. Also core muscle group for stability.

Position:

Standing—facing machine. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not bend your neck forwards or backwards during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.
- Keep the lats tightened throughout the entire motion.



START



START

- Pivot forward from your hips, knees bent, spinal muscles tight.
- Cross your arms, reach down and grasp the Hand Grips (right Grip in left hand and vice versa), palms facing backward. Keep hands shoulder-width apart.
- Let your arms hang in the direction of the pulleys—do not lock elbow.

FINISH



FINISH

- Initiate movement by pulling your elbows back as you bring the Hand Grips upward and cross them over your chest. Keep your crossed hands shoulder-width apart.
- Slowly return to Start position, keeping your knees bent and your back flat.

Shoulder Exercises

Reverse Fly — Shoulder Horizontal Abduction (elbows stabilized in slight flexion)

Muscles worked:

Rear Deltoids; Middle Deltoids;
Trapezius; Rhomboids

Position:

Standing—facing machine. Seat removed.

Accessory:

Hand Grips

Adjustable Arm Position:

6 or 7

Success Tips

- Do not lose spinal alignment—keep your chest lifted.
- Lift your chest, keep your knees bent and feet on Platform or in front of the platform.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between upper arms and torso throughout exercise.



START

START

- Grasp the Hand Grips, palms facing floor, arms nearly straight.
- Stand up straight and bend slightly forward from the hips until arms/cables are in front of body at a 90° angle from torso.



FINISH

FINISH

- Maintaining the bend in your arms, move your elbows outward and backward.
- When your elbows are slightly behind your shoulders, slowly return to the Start position, keeping your rear shoulder muscles tightened throughout movement.

Crossover Reverse Fly — Shoulder Horizontal Abduction (elbows stabilized in slight flexion)

Muscles worked:

Rear Deltoids; Middle Deltoids;
Trapezius; Rhomboids

Position:

Standing—facing machine. Seat removed.

Accessory:

Hand Grips

Adjustable Arm Position:

6 or 7

Success Tips

- Do not lose spinal alignment—keep your chest lifted.
- Lift your chest, keep your knees bent and feet on Platform or in front of the platform.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between upper arms and torso throughout exercise.
- Bend slight forward from the hips.



START

START

- Cross your arms in front of your body and grasp the Hand Grips, right Grip in left hand and vice versa, with your palms facing the floor and arms nearly straight.
- Stand up straight and bend slightly forward from the hips until arms/cables are in front of body at a 90° angle from torso.



FINISH

FINISH

- Maintaining the bend in your arms, move your elbows outward and backward, crossing the cables as your arms move back.
- When your elbows are slightly behind your shoulders, slowly return to the Start position, keeping your rear shoulder muscles tightened throughout movement.

Shoulder Exercises

Seated Shoulder Press — Shoulder Adduction (and elbow extension)

Muscles worked:

Front Deltoids; Upper Trapezius;
Triceps

Position:

Seated—facing outward

Accessory:

Long Hand Grips

Adjustable Arm Position:

7 or 8



START



FINISH



START

- Grasp Hand Grips, palms facing away from the engine.
- Raise the Hand Grips to shoulder level. Keep your palms facing forward.

FINISH

- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the Start position, keeping tension in your front shoulder muscles.

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not increase the arch in your lower back as you raise your arms, but keep your spine steady and tight.
- Keep abdominals tight and maintain good spinal alignment.

Front Shoulder Raise — Shoulder Flexion (elbow stabilized)

Muscles worked:

Front and Middle Deltoids

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0



START



FINISH



START

- Grasp the Hand Grips, palms facing back toward the engine, arms straight at your sides.

FINISH

- Keeping your arms straight, move them forward, leading with your forearms, until arms are extended in front of you at shoulder height.
- Arms may be moved alternately or together.
- Slowly return to the Start position with your upper arms next to your torso.

Success Tips

- Keep abdominals tight and maintain good spinal alignment.
- Keep knees bent and feet on Platform.
- Do not increase the arch in your lower back as you raise your arms. You may wish to lean your lower back against the Seat Back Pad.

Shoulder Exercises

Lateral Shoulder Raise — Shoulder Abduction (elbows stabilized)

Muscles worked:

Middle Deltoids; Supraspinatus; Upper Trapezius

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys —Standard Pulleys

Success Tips

- Elevate your shoulders slightly toward the back of your head.
- Maintain good spinal alignment and bend forward slightly from the hip.
- Do not swing your arms upward or move your trunk during this exercise.
- Lift your chest, keep your knees bent and feet on Standing Platform.



START



START

- Grasp the Hand Grips, palms facing each other.
- Let your arms hang at your sides, directly in line with the cables.
- Keep your chest lifted, and a slight arch in your lower back.

FINISH



FINISH

- Raise your arms directly out to the sides, nearly to shoulder level.
- Keep the side of your arm/elbow facing out and up throughout the movement.
- With controlled movement, slowly return to the Start position.

Seated Forearm Lateral Shoulder Raise — Elbows stabilized

Muscles worked:

Middle Deltoids; Supraspinatus; Upper Trapezius

Position:

Seated—facing outward.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys —Narrow Pulleys / 0

Success Tips

- Raise your chest and keep your shoulder blades pinched together.
- Elevate your shoulders slightly toward the back of your head.
- Maintain good spinal alignment and bend forward slightly from the hip.
- Do not swing your arms upward or move your trunk during this exercise.
- Lift your chest, keep your knees bent and feet on Platform.



START



START

- Slide the handles on the Hand Grips to one side and slide the straps over your forearms until they are cradled in your elbows.
- Let your upper arms hang directly in line with the cables. Bend your elbows 90°.
- Sit up straight and bend slightly forward from the hips until arms/cables are in front of body at a 90° angle from torso.

FINISH



FINISH

- Raise your arms directly out to the sides, nearly to shoulder level.
- Keep the side of your forearms/elbows facing out and up throughout the movement.
- Slowly bring your arms back to the Start position without relaxing.

Shoulder Exercises

Shoulder Extension — (elbows stabilized)

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoid; Middle Trapezius; Rhomboids; Triceps



Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

8 or 9

Success Tips

- Keep knees bent and feet flat on floor.
- Keep your lats tightened throughout the motion.
- Keep abdominals tight and maintain good spinal alignment.
- Release your shoulder blades at the end of each rep and initiate new rep by retracting your shoulder blades.

START



START

- Grasp the Hand Grips, palms facing down, arms straight and at approximately a 30° angle from torso.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in the lower back.

FINISH



FINISH

- Initiate movement by pinching shoulder blades together.
- Continue movement by moving your hands in an arc downward, along your sides, until hands are level with hips.
- With controlled movement, slowly return to the Start position.

Shoulder Shrug — Scapular Elevation

Muscles worked:

Upper Trapezius



Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys —Standard Pulleys / 0

Success Tips

- Keep abdominals tight and maintain good spinal alignment.
- Do not bend your neck or slouch during this exercise.
- Raise shoulders evenly.
- For variation, try this exercise bent forward slightly from the hips.

START



START

- Reach down and grasp the Hand Grips, palms facing each other.
- Let your arms hang at your sides.

FINISH



FINISH

- Slowly raise your shoulders towards the back of your head, keeping your neck and head still.
- Slowly reverse back to the Start position, keeping your upper trapezius muscles tight throughout the motion.

Shoulder Exercises

Scapular Protraction – (elbows stabilized)

Muscles worked:

Serratus Anterior

Position:

Seated—facing outward. Seat in lowest position.

Accessory:

Long Hand Grips

Adjustable Arm Position:

7, 8 or 9



Success Tips

- Lift your chest, keep your knees bent and feet on floor.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between upper arms and torso throughout exercise.
- Do not slouch forward or use your arm muscles to assist this motion. Keep this motion only in the shoulder blades

START

- Reach behind your body, grasp the Hand Grips and straighten your arms in front of you at a 90° angle from torso.
- Keep your arms in line with the cables, palms facing down and wrists straight.

FINISH

- Keeping your arms straight and in line with the cables, slowly move your shoulder blades forward away from the Seat Back Pad. Slowly bring your hands together using only your shoulder muscles.
- Slowly return to the Start position, keeping tension in your shoulder blades.
- Movement is very subtle and occurs only in shoulder blades.

Scapular Depression

Muscles worked:

Lower Trapezius

Position:

Standing—facing outward.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Tower Pulleys / 9



Success Tips

- Do not lose spinal alignment—keep your chest lifted and head against the Seat Back Pad.
- Keep knees bent and feet flat on Platform.

START

- Grasp the Hand Grips and keep your arms at your side, palms facing inward, arms nearly straight.
- Tighten your trunk muscles to stabilize your spine while maintaining a slight arch in your lower back.

FINISH

- Keeping your arms straight, slide your shoulder blades downward, toward your hips.
- When your shoulder blades have fully depressed, slowly return to the Start position.
- Movement is very subtle and occurs only in shoulder blades.

Shoulder Exercises

Shoulder Rotator Cuff – Internal Rotation

Muscles worked:

Subscapularis

Position:

Standing—facing right or left. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

4 or 5

Success Tips

- Lift your chest, keep your knees bent and feet on or near the Platform.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between forearms and torso throughout exercise.
- Do not rotate the spine to get additional range of motion.



START



START

- Grasp the Hand Grip nearest you in the hand closest to the engine, and draw your upper arm into your torso. Keep your elbow bent and your forearm at a 90° angle from your torso.
- Give yourself enough distance to eliminate slack in the cable.
- Use a light resistance—this is not a powerful movement.

FINISH



FINISH

- Rotate your forearm toward your abdomen, keeping your elbow at your side throughout motion.
- Slowly return to the Start position, maintaining slow, controlled motion.

Shoulder Rotator Cuff – External Rotation

Muscles worked:

Infraspinatus; Teres Minor

Position:

Standing—facing right or left. Seat removed.

Accessory:

Hand Grips

Adjustable Arm Position:

4 or 5

Success Tips

- Lift your chest, keep your knees bent and feet on Platform.
- Keep your spine aligned and a slight arch in your lower back.
- Maintain a 90° angle between forearms and torso throughout exercise.
- Do not rotate the spine to get additional range of motion.



START



START

- Grasp the Hand Grip nearest you in the hand farthest from the engine, and draw your upper arm into your torso. Keep your elbow bent and your forearm at a 90° angle from your torso.
- Give yourself enough distance to eliminate slack in the cable.
- Use a light resistance—this is not a powerful movement.

FINISH



FINISH

- Rotate your forearm away from your abdomen, keeping your elbow at your side throughout motion.
- Slowly return to the Start position, maintaining slow, controlled motion.

Shoulder Exercises

Scapular Retraction

Muscles worked:

Middle Trapezius; Rhomboids

Position:

Standing—facing machine. Seat removed.

Accessory:

Short Hand Grips

Adjustable Arm Position:

8

Success Tips

- Do not lose spinal alignment—keep your chest lifted.
- Keep knees bent and feet flat on the Platform.
- Bend your torso forward slightly at hips.
- Do not use your arm muscles for this movement.



START



START

- Grasp the Hand Grips, palms facing each other.
- Extend arms toward the pulleys.

FINISH



FINISH

- Keeping your arms straight, slowly pinch your shoulder blades together.
- When shoulder blades are fully retracted, slowly return to the Start position.

Standing Shoulder Press — Shoulder Abduction (and elbow extension)

Muscles worked:

Deltoids; Triceps. Also ankles, knees, hips & core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

7 or 8

Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Keep shoulder muscles tight, limit and control your range of motion.
- Keep knees slightly bent and feet flat on the floor.
- Keep abdominals tight and maintain good spinal alignment.
- Do not increase the arch in your low back as you raise your arms, but keep your spine stable and tight.



START



START

- Grasp the Hand Grips so the cables are in line close to the front of your forearms and palms facing forward.
- Stand with feet flat on the platform, knees slightly bent.
- Keep chest up, abs tight and maintain a slight arch in the low back.
- Raise the hand grips to head level so your elbows are equal to shoulder level, keeping the palms facing forward.

FINISH



FINISH

- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the Start position, keeping tension on the front shoulder muscles throughout the motion.

Shoulder Exercises

Standing Shoulder Press w/ Alternating Motion – Shoulder Abduction

Muscles worked:

Deltoids; Triceps. Also ankles, knees, hips & core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

7 or 8



START



FINISH



Success Tips

- Stabilize body from your feet all the way up through your trunk.
- Keep shoulder muscles tight, limit and control your range of motion.
- Keep knees slightly bent and feet flat on the floor.
- Keep abdominals tight and maintain good spinal alignment.
- Do not increase the arch in your low back as you raise your arms; keep your spine stable and tight.
- Do not allow your body to side bend during the motion.

START

- Grasp the handles so the cables are in line close to the front of your forearms and palms facing forward.
- Stand with feet flat on the platform, knees slightly bent.
- Keep chest up, abs tight and maintain a slight arch in the low back.
- Raise one hand grip to head level so your elbow is equal to shoulder level, keeping the palms facing forward, while the other arm is extended upward over your head.

FINISH

- Straighten your arms slowly over your head, focusing on moving your elbows up and inward toward your ears.
- Slowly return to the Start position, keeping tension on the front shoulder muscles throughout the motion.

Shoulder Internal Rotation with 90° of Abduction

Muscles worked:

Subscapularis Middle\Inferior fibers; Pectoralis Major

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

1



START



FINISH



START

- Grasp the HandGrip and position your upper arm 90 degrees away from your side.
- Stand up straight with chest lifted, slight arch in the lower back and shoulder blades retracted.
- Moving the arm of the machine to different positions above your shoulder will alter the resistance application to the muscle.
- Distance yourself from the arm of the machine to eliminate slack in the cable\handgrip.

FINISH

- Rotate your forearm forward then down, keeping your upper arm stable.
- Do not let your arm move closer to your side during the motion.
- Slowly return to the Start position.
- Repeat with the other arm after you have completed the set.

Shoulder Exercises

Shoulder External Rotation with 90° of Abduction

Muscles worked:

Posterior Deltoid, Teres minor, Infraspinatus

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

7 or 8



START



FINISH

Success Tips

- Control the motion during the entire exercise. Do not use momentum.
- Do not rotate your spine to gain additional range of motion. Try for pure rotation of your shoulder—more is not better.
- Use light resistance to perform 12-15 perfect repetitions.

START

- Grasp the Hand Grips and position your upper arm 90° away from your side.
- Stand up straight with chest lifted, slight arch in the lower back and shoulder blades retracted.
- Moving the arm of the machine to different positions will alter the resistance application to the muscle.
- Distance yourself from the arm of the machine to eliminate slack in the cable\handgrip.

FINISH

- Rotate your forearm up and back, keeping your upper arm stable.
- Don't let your arm move closer to your side during the motion.
- Slowly return to the Start position, keeping tension on the muscle.
- Repeat with the other arm after you have completed the set.

Back Exercises

Good Morning

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids

Position:

Standing—facing outward. Seat removed.

Accessory:

Lat Bar

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Keep your chest lifted, spine aligned, abs tight and your back flat with no arch.
- Lift with your legs, not lower back or arms.
- Use a light resistance for this movement.
- Lift your head, keep your knees bent and feet on Standing Platform.



START



START

- Grasp the Squat Bar with your palms facing downward.
- Keep your legs bent slightly.
- Bend over, approximately 90° from your hips (not your waist).

FINISH



FINISH

- Initiate the movement by pushing your hips forward.
- Slowly move your trunk until you are in the standing position. Back should be tightened when reaching upright position.
- Slowly return to the Start position without relaxing tension in your legs.

Standing Low Back Extension — (hip extension)

Muscles worked:

Lower Trapezius; Erector Spinae; Gluteus Maximus

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0, or 9

Success Tips

- Lift your chest, keep your knees bent and feet on Platform. Pinch shoulder blades together.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Move from the hips only—do not bend from waist.



START



START

- Slide the handles on the Hand Grips to one side and slide the straps over your forearms, tightening near your elbows.
- Bend your knees comfortably, arms crossed in front of chest. Pull the Hand Grips tightly into your chest.
- Pinch shoulder blades together and lean forward from the hips, at least 45°, letting the tension out of the Cables.

FINISH



FINISH

- Keeping your chest lifted, move your entire torso upwards into a straight standing position by pivoting at the hips.
- Slowly return to the Start position without slouching or changing spinal alignment.

Back Exercises

Standing Low Back Extension — (Squat Harness variation)

Muscles worked:

Erector Spinae. Also hip, knee and ankle stabilizers.

Position:

Standing—facing the machine. Seat removed.

Accessory:

Squat Harness

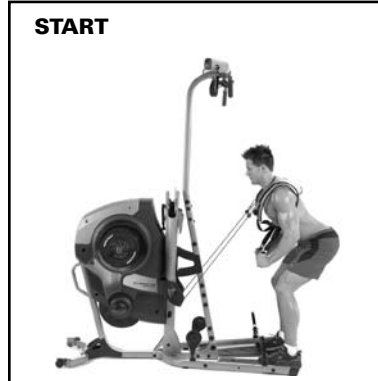
Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0, or 9

Success Tips

- Keep knees bent, feet flat on the floor and shoulder blades pinched. Pinch shoulder blades together.
- Keep your spine aligned, chest lifted, abs tight and a slight arch in your lower back.
- Move from the hips only—do not bend from waist.



START



FINISH

START

- While standing on the platform, attach the cables to the shoulder D-rings on the Squat Harness.
- Grasp the strap handles and hold them forward to keep the Squat Harness from sliding up your back.
- Pinch shoulder blades together and lean forward from the hips, at least 45°.

FINISH

- Keeping your chest lifted and knees slightly bent, move your entire torso upward by pivoting at the hips. Move as far as you can in a controlled motion.
- Slowly return to the Start position without slouching or changing spinal alignment.

Seated Lat Pulldowns — Shoulder Adduction (with elbow flexion)

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids

Position:

Seated—facing machine.

Accessory:

Lat Pulldown Bar

Pulleys / Adjustable Arm

Position:

Lat Cross Bars / 9

Success Tips

- Lift your chest, keep your knees bent and feet on Platform.
- Do not bend your neck forward or backward during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.
- If you can't complete motion with hands wide, bring your hands closer together.



START



FINISH

START

- Grasp the Lat Pulldown Bar at a comfortable, wide grip, then sit, with your arms extending upward.
- You may position your thighs directly beneath the pulleys, but lean back slightly from hips.

FINISH

- Initiate the movement by pulling your shoulder blades downward and together, drawing your elbows down toward your hips and then inward into your trunk.
- The Lat Pulldown Bar may not touch your chest.
- Forearms should stay in line with the direction of the cables.
- Slowly return to the Start position, without relaxing the tension in your shoulders.

Back Exercises

Crossover Narrow Pulldowns — Shoulder Extension (with elbow flexion)

Muscles worked:

Latissimus Dorsi; Teres Major;
Rear Deltoids; Biceps

Position:

Seated—facing machine.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not bend your neck forwards or backwards during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.



START



START

- Cross your arms and grasp the Hand Grips (right Grip in left hand and vice versa).
- Sit, arms extending upward, muscles relaxed and ready.
- You may position your thighs directly beneath the pulleys, but lean back slightly from hips.

FINISH



FINISH

- Initiate the movement by pulling your shoulder blades downward and together, drawing your elbows down toward your hips and then inward into your trunk.
- At end of motion, shoulders should be fully depressed.
- Forearms should stay in line with the direction of the cables.
- Slowly return to the Start position, without relaxing the tension in your shoulders.

Stiff Arm Pulldown

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids; Lower Trapezius; Biceps

Position:

Standing—facing machine. Seat removed.

Accessory:

Lat Pulldown Bar

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not bend your neck forwards or backwards during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.



START



START

- Grasp the Lat Pulldown Bar, keeping your hands next to each other with an underhand grip, and then sit, with your arms extending upward, muscles relaxed and ready.
- You may position your thighs directly beneath the pulleys, but lean back slightly from hips.

FINISH



FINISH

- Initiate the movement by lowering your shoulder blades, bringing them down and together.
- Keep your arms straight, moving your hands downward in an arc and slowly in toward your thighs.
- Slowly return to the Start position without relaxing muscle tension.

Back Exercises

Standing Shoulder Pullover with Hand Grips — Elbow Stabilized

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids; Biceps; Triceps

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Keep your lats tightened throughout entire motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back.
- Release your shoulder blades at the end of each rep. Initiate each new rep by depressing your shoulder blades.



START



START

- Grasp the Hand Grips, palms facing down, keeping hands shoulder-width apart.
- Tighten your abdominals to stabilize your spine while maintaining a slight arch in your lower back.

FINISH



FINISH

- Initiate the movement by pulling your shoulder blades downwards and tightening your lats.
- Pull your arms in an arc into your sides, keeping them as steady as possible and using slow, controlled movement.
- Slowly return to the Start position, allowing your arms and shoulder blades to relax without losing readiness.

Reverse Grip Pulldown with Lat Bar

Muscles worked:

Latissimus Dorsi; Teres Major; Rear Deltoids; Biceps

Position:

Seated—facing machine

Accessory:

Lat Pulldown Bar

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Lift your chest, keep your knees bent and feet on Standing Platform.
- Do not bend your neck forwards or backwards during motion.
- Keep your spine aligned, abs tight and a slight arch in your lower back. Do not slouch.



START



START

- Grasp the Lat Pulldown Bar, keeping your hands next to each other with an underhand grip, and then sit, with your arms extending upward, muscles relaxed and ready.
- You may position your thighs directly beneath the pulleys, but lean back slightly from hips.

FINISH



FINISH

- Initiate the movement by pulling your shoulder blades downward and together, drawing your elbows down toward your hips and then inward into your trunk.
- The Lat Pulldown Bar may not touch your chest.
- Forearms should stay in line with the direction of the cables.
- Slowly return to the Start position, without relaxing the tension in your shoulders.

Back Exercises

Standing Lat Row Alternating Motion-Low Pulley — Shoulder extension (and elbow flexion)

Muscles worked:

Latissimus Dorsi; Rear Deltoids; Biceps; Teres Major. Also hip and core stabilizers.

Position:

Standing—facing machine. Seat removed.

Accessory:

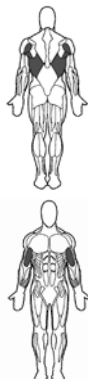
Short Hand Grips

Adjustable Arm Position:

8 or 9

Success Tips

- Do not bend your neck forward or backward.
- Start each rep by retracting the shoulder blade of the arm moving backward.
- Release your shoulder blades at the end of each rep of the arm going forward.
- Keep your spine in alignment and chest lifted.



START



START

- Stand on the platform facing the engine.
- Grasp the handles with one arm hanging forward toward the pulley and the other arm back with the elbow bent and forearm in line with the cable.
- Bend over to about 45°, keeping tension on the cables.

FINISH



FINISH

- Slowly move one elbow backward as you bring the hand to a point just below your chest, while the other arm moves forward with your hand moving toward the pulley. This is an alternating motion, with the arms moving in opposite directions.
- Keep knees bent and back straight.

Standing Single Arm Lat Row Low Pulley — Shoulder extension (with elbow flexion and trunk rotation)

Muscles worked:

Latissimus Dorsi; Rear Deltoids; Biceps; Teres Major. Also hip and core rotators.

Position:

Standing—facing machine. Seat removed.

Accessory:

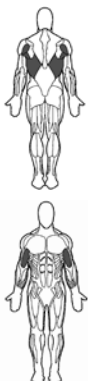
Short Hand Grips

Adjustable Arm Position:

9

Success Tips

- Do not bend your neck forward or backward.
- Start each rep by retracting your shoulder blade.
- Release your shoulder blade at the end of each rep.
- Keep your spine in alignment and chest lifted.
- Do not throw the resistance or use momentum to gain more trunk rotation—more is not better.



START



START

- Stand facing the engine in a staggered stance, with the opposite foot forward of the side you are pulling from.
- Grasp the Hand Grip with the arm hanging forward toward the pulley.
- Bend over to about 45°, knees slightly bent.

FINISH



FINISH

- Slowly move your elbow backward as you bring the hand to a point just below your chest while rotating your trunk in the same direction that you are pulling.
- Slowly extend the arm back to the Start position and rotate your trunk back to the center.
- Keep knees bent and back straight.

Arm Exercises

Triceps Pushdown w/ Handgrips – Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted and maintain spinal alignment, keeping a very slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.
- Keep your knees bent and feet on Standing Platform.

Variations

You can also perform this exercise using the “Hammer” hold, palms facing inward.



START



START

- Grasp one or both of the Hand Grips, palms facing the floor.
- Keep hands and elbows approximately shoulder-width apart. Bend your elbows until hands are near shoulders.
- Bend slightly from your hips but maintain a stabilized spine.

FINISH



FINISH

- Keeping your forearms and wrists stationary, straighten your elbows, bringing your hands down to your thighs, palms facing out.
- Stop the motion before your elbows are completely straight, and then reverse, slowly returning to the Start position without relaxing muscle tension.

Triceps Pushdown w/ Lat Pulldown Bar – Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing machine. Seat removed.

Accessory:

Lat Pulldown Bar

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted and maintain spinal alignment, keeping a very slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.
- Keep your knees bent and feet on Platform.



START



START

- Grasp the Lat Pulldown Bar, palms facing the floor.
- Keep hands and elbows approximately shoulder-width apart. Bend your elbows until hands are near shoulders.
- Bend slightly from your hips but maintain a stabilized spine.

FINISH



FINISH

- Keeping your forearms and wrists stationary, straighten your elbows, bringing your hands down to your thighs, palms facing out.
- Stop the motion before your elbows are completely straight, and then reverse, slowly returning to the Start position without relaxing muscle tension.

Arm Exercises

Triceps Extension — Elbow Extension overhead

Muscles worked:

Triceps

Position:

Seated—facing outward.

Accessory:

Long Hand Grips

Adjustable Arm Position:

8 or 9



START



FINISH

Success Tips

- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted and maintain spinal alignment, keeping a very slight arch in your lower back.
- Tighten the triceps throughout the exercise, using controlled motion.
- Keep your knees bent and feet on Platform.

Variations

You can also perform this exercise using the “Hammer” hold, palms facing inward.

START

- Grasp one or both of the Hand Grips, palms facing outward.
- Draw arms up until elbows are pointing forward, hands behind shoulders.
- Keep your elbows “in line” with the cables throughout movement and your wrists straight.

FINISH

- Keeping your upper arms stationary, straighten your elbows, bringing your hands overhead, palms facing out.
- Stop your motion before your elbows are completely straight, and then reverse, slowly returning to the Start position without relaxing muscle tension.

Cross Triceps Extension

Muscles worked:

Triceps

Position:

Seated—facing outward.

Accessory:

Long Hand Grips

Adjustable Arm Position:

7



START



FINISH

Success Tips

- Keep your chest lifted and maintain a very slight arch in your lower back.
- Keep knees bent and feet flat on the Standing Platform.
- Keep your upper arms motionless and your wrists straight.
- Tighten the triceps throughout the exercise, using controlled motion throughout the exercise.

START

- Take one hand, reach over the opposite shoulder and grasp a Hand Grip.
- Bend and lower your elbow until your hand is in front of your chest, palm facing the floor and using a Hammer Grip.
- Spread your back and shoulders into the Seat Back Pad.
- Use your free hand to grasp the back of the active arm near the elbow to stabilize it.

FINISH

- Keeping your upper arm stationary, slowly straighten your elbow, bringing your hand across your chest in an arcing motion.
- Stop the motion when your arm is straight. Do not lock your elbow.
- Slowly reverse the arcing motion, bringing your hand back to the Start position.

Arm Exercises

“Rope” Pushdown – Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing machine. Seat removed.

Accessory:

Long Hand Grips in “Hammer” hold
Lat Tower (optional)

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9
or (without Lat Tower) 0 or 1

Success Tips

- Keep your knees bent and feet on Platform.
- Keep your upper arms motionless and your wrists straight.
- Keep your chest lifted, abs tight and maintain a slight arch in lower back.
- Tighten the triceps throughout the exercise, using controlled motion.



START



START

- Distance yourself from the Lat Tower, but keep your feet on the Platform.
- Cross your arms and grasp the Hand Grips (right Grip in left hand and vice versa), palms facing down.
- Bring hands toward each other, in front of you, until they are positioned as if grabbing a rope.
- Keep your elbows bent, upper arms at your sides.

FINISH



FINISH

- Keeping your upper arms stationary, elbows next to trunk, slowly straighten your arms downward, in a gentle arc, until hands are near tops of your thighs, hands and elbows straightened and directly in line with shoulders.
- Keeping your triceps tightened, slowly reverse the arcing motion and bring the Hand Grips back to the Start position.

Seated Biceps Curl – Elbow Extension (in supination)

Muscles worked:

Biceps

Position:

Seated—facing outward.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys

Success Tips

- Keep knees bent, feet flat on the Platform
- Keep your chest lifted, shoulders pinched together, and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.
- Lay your head back against the Seat Back Pad.



START



START

- Grasp one or both Hand Grips, keeping your arms at your sides, forearms near your thighs.
- Keep your spine aligned throughout motion.

FINISH



FINISH

- Curl your forearms toward the upper arms, keeping upper arms completely still.
- Keeping the motion fluid, slowly return to the Start position without relaxing your biceps.

Arm Exercises

Standing Biceps Curl – Elbow Flexion (in supination)

Muscles worked:

Biceps

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys

Success Tips

- Keep your knees bent and feet on Platform.
- Keep your chest lifted, abs tight and a very slight arch in your lower back.
- Keep your elbows at your sides and your wrists straight.

Variations

You can also perform this exercise using the “Hammer” hold, palms facing inward.



START



START

- Reach down and grasp the Hand Grips, palms facing forward.
- Straighten, keeping your arms by your sides, elbows loose.

FINISH



FINISH

- Keeping your upper arms stationary and your elbows at your sides, slowly curl the Hand Grips forward, then upward and in towards your shoulders.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

Concentration Biceps Curl – Flexion (in supination)

Muscles worked:

Biceps

Position:

Standing—facing right or left. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys

Success Tips

- Keep your knees bent and feet on Platform.
- Keep your upper body motionless and your wrists straight.
- Bend from the hips, not the waist.
- Elbow should point toward the floor at all times.
- Keep chest lifted, trunk muscles tight and maintain a slight arch in lower back.
- Keep your spine aligned throughout movement.



START



START

- Stand on the Platform, one side facing the engine.
- With the inside hand, grasp the Hand Grip closest to you.
- Keeping your back straight, bend at your hips and knees until your trunk is parallel to the floor.
- Place your free hand on your thigh to stabilize.

FINISH



FINISH

- Slowly curl your the Hand Grip away from the Cable and then upward toward your shoulder. Keep your upper arm completely motionless and elbow pointing directly at the floor at all times.
- Keeping your biceps tightened, slowly reverse the curling motion and bring your arm back to the Start position.

Arm Exercises

Barbell Biceps Curl – Elbow Flexion (in supination)

Muscles worked:

Biceps

Position:

Standing—facing outward. Seat removed.

Accessory:

Lat Bar

Adjustable Arm Position:

0

Success Tips

- Keep your knees bent and feet on Platform.
- Keep your chest lifted, shoulders pinched together, and a very slight arch in your lower back.
- Keep your upper arms and shoulders motionless and your wrists straight.



START

START

- Grasp the Lat Bar, palms facing forward.
- Stand with your upper arms by your sides (not pressed tightly) and keep your elbows bent so that your forearms are at a 90° angle to your upper arms.



FINISH

FINISH

- Slowly curl the Lat Bar forward and then upward toward your shoulders, keeping your elbows at your sides and your upper arms still.
- Slowly lower the Lat Bar back to the Start position.

Seated Biceps Hammer Curl – Elbow Flexion (neutral)

Muscles worked:

Brachioradialis; Biceps

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips in “Hammer” hold

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Keep your knees bent and feet on Platform.
- Keep your upper body motionless, elbows at your sides and your wrists straight.
- Keep your trunk muscles tight and maintain a slight arch in lower back.
- Do not rock your upper body while bending your elbow.



START

START

- Reach down and grasp the Hand Grips in the vertical “Hammer Grip” position.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose. Forearms should be at a 90° angle to upper arms.



FINISH

FINISH

- Curl the Hand Grips forward, then upward and in towards your shoulders.
- Keep your elbows at your sides and your upper arms completely still.
- Slowly reverse the curling motion and bring your arms back to Start position.

Arm Exercises

Reverse Curl – Elbow Flexion (in pronation)

Muscles worked:

Brachialis; Brachioradialis; Biceps

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Keep your knees slightly bent and feet on Platform.
- Keep your upper body motionless, elbows at your sides and your wrists straight.
- Keep your trunk muscles tight and maintain a slight arch in lower back.



START



START

- Reach down and grasp the Hand Grips, palms facing backward.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose. Bend your elbows until your forearms are between 45-90° angles with your upper arms.

FINISH



FINISH

- Keeping your palms facing down, use your forearms to slowly bend your elbows, curling the Hand Grips forward, then upward and in towards your shoulders.
- Keep your elbows at your sides and your upper arms completely still.
- Slowly reverse the curling motion and bring your arms back to the Start position.

Triceps Kickback – Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing machine. Seat removed.

Accessory:

Short Hand Grips

Adjustable Arm Position:

8

Success Tips

- Keep your knees slightly bent and feet on Platform.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.
- Keep one hand on the Back Pad to stabilize yourself throughout motion.
- Keep triceps tightened throughout the exercise.



START



START

- Reach down and grasp a Hand Grip in one hand, palm facing backward.
- Draw your elbow back until the forearm is at approximately a 90° angle to the upper arm.

FINISH



FINISH

- Straighten your elbow, keeping your upper arm completely still.
- When arm is completely straight, slowly return to the Start position.

Variations

You can also perform this exercise using the “Hammer” hold, palms facing inward.

Arm Exercises

Wrist Extension

Muscles worked:

Forearms

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Keep your knees slightly bent and feet on Platform.
- Move slowly and keep tension in the back of the forearms at all times.
- Keep your chest lifted, trunk muscles tightened, and a very slight arch in your lower back.
- You may perform this exercise one arm at a time to make it easier to focus and isolate the back of your forearms, or with both arms simultaneously to save time.



START



START

- Grasp the Hand Grips, palm facing down, keeping your elbows flared slightly to the side, elbows bent approximately 90°.

FINISH



FINISH

- Slowly curl the back of your fists backward towards your forearms.
- Stop when wrists are 90° from forearms or when you experience discomfort.
- Slowly return to the Start position.

Wrist Curl – Wrist Flexion

Muscles worked:

Biceps; Forearms

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys / 0

Success Tips

- Keep your chest lifted, trunk muscles tight and a very slight arch in your lower back.
- Move slowly, keeping tension in the front of your forearms at all times.
- Do not increase or decrease the bend in your elbow during this exercise—keep all motion in the wrist.
- Do not rock your body back and forth during wrist motion.



START



START

- Reach down and grasp the Hand Grips, palms facing forward, fingertips down.
- Straighten, keeping your upper arms and elbows by your sides, elbows loose.
- Bend your elbows 90°, palms up, and maintain that position throughout the entire exercise.

FINISH



FINISH

- With your upper arms stationary and your elbows at your sides, slowly curl your fists toward the front of your forearms.
- Keeping your forearms still, slowly let your fists return to the Start position.

Arm Exercises

Resisted Dip – Elbow Extension

Muscles worked:

Triceps

Position:

Standing—facing outward. Seat removed.

Accessory:

Long Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9

Success Tips

- Lift your chest, keep your knees slightly bent and feet on Platform.
- Keep your back straight and knees slightly bent.
- Keep your abs tight throughout entire motion and maintain good spinal alignment.



START

START

- Reach up and grasp the Hand Grips, palms facing the floor, keeping your thumbs on the inside, toward your body.
- Cable should be between your arms and your body.
- Upper arms should be at a 90° angle from torso.



FINISH

FINISH

- Straighten your arms downward, focusing on not moving your elbows down or inward.
- Slowly reverse the motion, returning to the Start position without relaxing the tension in the back shoulder muscles.

Arm Opposition Push-Pull

Muscles worked:

Biceps; Brachialis; Brachioradialis

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 0, and
Squat Frame / 9

Success Tips

- Lift your chest and keep your knees slightly bent and feet on Platform.
- For this exercise, one Hand Grip is attached to a Lat Cable and one Hand Grip is attached to a Squat Cable. Alternate sides to build muscle evenly.
- Keep your upper body motionless, elbows at your sides and your wrists straight.
- Keep your trunk muscles tight and maintain a slight arch in lower back.



START

START

- Grasp the Hand Grips, keeping the one attached to the Lat Tower in an overhand grip and the one attached to the Squat Cable in an underhand grip.
- Straighten the Squat Cable arm and bend the Lat Cable arm at a 90° angle from your upper arm.



FINISH

FINISH

- Slowly raise the Squat Cable arm while simultaneously lowering the Lat Cable arm, until each arm has reached full possible extension in opposition to each other.
- Slowly reverse, returning to Start position.

Arm Exercises

Upper Body Opposition Push-Pull

Muscles worked:

Biceps; Brachialis; Brachioradialis

Position:

Seated—facing outward.

Accessory:

Hand Grips

Pulleys / Adjustable Arm

Position:

Lat Cross Bar / 9, and 7

Success Tips

- Lift your chest and keep your knees bent and feet on Platform.
- For this exercise, one Hand Grip is attached to a Lat Cable and one Hand Grip is attached to an Adjustable Arm Cable. Alternate sides to build muscle evenly.
- Keep your upper body motionless, elbows at your sides and your wrists straight.
- Keep your trunk muscles tight and maintain a slight arch in lower back.



START



FINISH

START

- Grasp the Hand Grips, keeping the one attached to the Lat Tower in an overhand grip and the one attached to the Adjustable Arm Cable in an underhand grip.
- Bend your forearms at a 90° angle from your upper arms, which should be at 90° angles from your torso.

FINISH

- Slowly raise the Adjustable Arm Cable arm while simultaneously lowering the Lat Cable arm, until each arm has reached full possible extension in opposition to each other.
- Slowly reverse, returning to Start position.

Standing French Press — Elbow Extension from a Shoulder Flexed Position

Muscles worked:

Triceps. Also ankles, knees, hips and core in stabilization.

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Adjustable Arm Position:

0 or 1



START



FINISH

START

- Stand facing away from the engine with one foot forward and one foot back for added stability.
- Reach overhead and grasp the Hand Grips with your palms facing each other in a “Hammer Grip” position, elbows bent and pointing forward, hands behind the shoulders.
- Keep your elbows in line with the cables throughout the movement, and wrists straight.

FINISH

- Keeping the upper arms stationary, straighten your elbows, bringing your hands overhead.
- Stop your motion before your elbows are completely straight, and reverse the motion, slowly returning to the Start position maintaining tension on the muscle.

Arm Exercises

Standing Biceps Curl — Elbow Flexion from a Shoulder Extended Position

Muscles worked:

Biceps

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Adjustable Arm Position:

6 or 7

Success Tips

- Stand in front of the Platform, facing away from the engine with a staggered step for more stability.
- Keep abs tight, chest lifted and a slight curve in the lower back.
- Stabilize the shoulder and wrist, only allowing the elbow joint to be involved in the motion.



START

START

- Reach back and grasp the Hand Grips with your arm extended backward.
- Do not let your arm go completely straight; maintain tension on the biceps.



FINISH

FINISH

- Keeping the upper arms stationary, slowly curl the handles up then inward toward the shoulders.
- Fully shorten the biceps by squeezing the forearm toward the upper arm.
- Slowly reverse the arcing motion, bringing your hands back to the Start position.

Abdominal Exercises

Standing (Resisted) Abdominal Crunch – Spinal Flexion

Muscles worked:

Rectus Abdominus; Obliques

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips, Ab Attachment

Adjustable Arm Position:

0 or 1

Success Tips

- Lift your chest, keep your knees bent and feet on Platform.
- Do not lift your head or chin—your head should follow the rib motion rather than lead it. Maintain normal neck posture.
- Tighten your abs throughout the entire exercise, relaxing only at the end of each set.
- Move slowly to eliminate momentum.
- Allow exhalation up and inhalation down without exaggerating breathing.



START



START

- Grasp the Hand Grips in both hands, drawing them over your shoulders. Rest the back of your fists on your chest or shoulders, palms facing up.
- Lower back can start out flat or in a normal arch, knees and hips are bent and feet should be flat on the Platform.

FINISH



FINISH

- Tighten your abs and curl only your torso, slowly moving your ribs toward your hips. Move as far as you can without moving your hips or neck.
- Do not allow your lower back to lose contact with the Ab Attachment during this entire exercise.
- Slowly reverse the motion, returning to the Start position without relaxing your abs.

Trunk Rotation

Muscles worked:

Rectus Abdominus; Obliques;
Serratus Anterior

Position:

Standing—facing right or left 45°. Seat removed.

Accessory:

Short Hand Grips

Adjustable Arm Position:

4

Success Tips

- Keep knees slightly bent and feet on Platform.
- This exercise must be performed correctly—failure to do so could result in injury. Use only low resistance.
- Keep all motion in your torso.
- Move only as far as your muscles will take you—do not use momentum to increase your range of motion



START



START

- Stand with one side toward the engine. Grasp the Hand Grip closest to you with both hands.
- Raise both arms up near shoulder level, hands extended over the leg closest to the engine.
- Keep your elbows slightly bent.

FINISH



FINISH

- Tighten your entire abdominal area and slowly rotate your rib cage and arms away from the engine 30-40°, as if you were rotating with a rod through the middle of your spine.
- Slowly reverse the motion, returning to the Start position without relaxing muscle tension.

Abdominal Exercises

Standing Oblique Abdominal Crunch

Muscles worked:

Rectus Abdominus; Obliques

Position:

Standing—facing right or left 45°. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

0 or 1

Success Tips

- Keep your knees slightly bent and feet flat on the floor.
- This exercise must be performed correctly, failure to do so could result in injury. Use only low resistance.
- Keep all motion in your torso.
- Move only as far as your muscles will take you. Do not use momentum to increase your range of motion.



START

START

- Stand to one side, facing the seat rail, angled about 45° away from the platform.
- Grasp the Hand Grip closest to you with the outside hand and position the handle webbing over your shoulder.



FINISH

FINISH

- Tighten your ab muscles on the side with the active arm, focusing on the side of your ribs toward the front of your pelvis.
- Slowly move diagonally, rotating your torso away from the side holding the hand grip.
- Crunch as deeply as you can keeping the hips stable. Do not lean forward at the hips.
- Slowly reverse the motion, returning to the starting position without losing muscle tension.

Kneeling "Wood Chop" – High to Low Trunk Flexion w/ Rotation

Muscles worked:

Rectus Abdominus; Obliques;
Serratus Anterior

Position:

Kneeling—facing right or left 45°. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

0 or 1

Success Tips

- This exercise must be performed correctly, failure to do so could result in injury. Use only low resistance.
- Keep all motion in your torso.
- Move only as far as your muscles will take you. Do not use momentum to increase your range of motion.



START

START

- Stand off to one side of the platform and kneel down on the knee closest to the engine angled about 45° away from the platform.
- Raise your arms above your head and grasp the Hand Grip closest to you with both hands.
- Extend arms toward the pulley.
- Keep the elbows slightly bent.



FINISH

FINISH

- Tighten the entire abdominal area and slowly rotate your rib cage and arms away from the pulley toward your opposite knee.
- Slowly reverse the motion, returning to the starting position without losing muscle tension.

Abdominal Exercises

Kneeling Low to High Trunk Rotation

Muscles worked:

Rectus Abdominus; Obliques; Spinal Erectors; Serratus Anterior

Position:

Kneeling—facing right or left 45°. Seat removed.

Accessory:

Long Hand Grips

Adjustable Arm Position:

9



START



FINISH

Success Tips

- This exercise must be performed correctly, failure to do so could result in injury. Use only low resistance.
- Keep all motion in your torso.
- Move only as far as your muscles will take you. Do not use momentum to increase your range of motion.

START

- Stand off to one side of the platform and kneel down on the knee closest to the engine angled about 45° away from the platform.
- Reach across and down, and grasp the Hand Grip closest to you with both hands.
- Extend arms toward the pulley.
- Keep the elbows slightly bent.

FINISH

- Tighten the entire abdominal area and slowly rotate your rib cage and arms up and away from the pulley toward your opposite knee and slightly above your head.
- Slowly reverse the motion, returning to the Start position without losing muscle tension.

Leg Exercises

Leg Extension

Muscles worked:

Quadriceps

Position:

Seated—facing outward.

Accessory:

Leg Extension

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys

Success Tips

- Use slow, controlled motion—do not “kick” into the extension.
- Do not let your knees rotate outward during the exercise. Keep kneecaps pointing up and straight forward.
- Sit up straight, chest lifted, abs tight and a slight arch in your lower back.



START

START

- Put your legs over the Leg Extension, with your knees near the pivot point and the lower roller pads in front of your shins (see start image above).
- Keep your thighs hip-width apart, knees pointing forward.
- Grasp the sides of the seat to stabilize yourself.



FINISH

FINISH

- Tighten your quads and slowly straighten your legs, moving your feet forward then upward until your legs are completely straight and your kneecaps point upward to the ceiling.
- Slowly reverse the motion returning to the Start position without relaxing your quads.

Squat

Muscles worked:

All Leg Muscles; Gluteus Maximus

Position:

Standing—facing outward. Seat removed.

Accessory:

Squat Harness

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys

Success Tips

- Keep your chest lifted, spine aligned, abs tight and a slight arch in your lower back.
- Bend at the hips—do not use your waist or lower back.
- Keep your abs tightened throughout motion and knees pointed forward.
- Never step off of Platform while using the Squat Harness with Spiraflex® resistance.



START

START

- Stand with your feet about shoulder-width apart.
- Squat down and place the Squat Harness across your shoulders—adjust the straps to make sure you have resistance from the start of the movement.



FINISH

FINISH

- Slowly rise to a standing position, keeping your knees slightly bent. Do not lock your knees.
- Slowly return to the Start position without relaxing your quadriceps.
- Do not allow your knees to exceed a 90° angle.

Leg Exercises

Calf Raise — Ankle Plantarflexion (knee stabilized)

Muscles worked:

Gastrocnemius; Soleus

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys—Standard Pulley / 0

Success Tips

- Keep your knees slightly bent and toes/balls of feet on Platform.
- Do not lose contact between the balls of your feet and the Platform.
- Keep your chest lifted, spine aligned, abs tight and slight arch in your lower back.
- Do not lift your hips or excessively arch your back.
- Do not change hip or knee position—ONLY ankle motion should be used.



START



START

- Stand with your toes on the Platform.
- Use the Hand Grips in both hands as resistance and as a balance stabilizer.

FINISH



FINISH

- Slowly press the balls of your feet into the Platform and lift your heels upward.
- Then, maintaining tension, slowly return to the Start position.

Single Leg Calf Raise — Ankle Plantarflexion (knee stabilized)

Muscles worked:

Gastrocnemius; Soleus

Position:

Standing—facing outward. Seat removed.

Accessory:

Short Hand Grips

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys—Standard Pulley / 0

Success Tips

- Do not lose contact with the balls of your foot and the Platform during motion.
- Keep your chest lifted, spine aligned, abs tight and a slight arch in your lower back.
- Do not lift your hips or excessively arch your back.
- Do not change hip or knee position—ONLY ankle motion should be used.



START



START

- Stand on one foot, with your toes/balls of feet on the Platform.
- Use the Hand Grips in both hands as resistance and as a balance stabilizer.
- Keep the unused leg out of the way, do not use it to build momentum.

FINISH



FINISH

- Slowly press the ball of your foot into the Platform and lift your heel upward.
- Then, maintaining tension, slowly return to the Start position.

Leg Exercises

Standing Hip Extension — (knee flexed)

Muscles worked:

Gluteus Maximus; Hamstring muscles

Position:

Standing—facing machine. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Keep your knees slightly bent and support foot on Platform.
- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from waist or lower back.
- Keep your knee stabilized in the 90° angle position.



START

START

- Secure the Foot Harness on your foot. Bend this leg approximately 90°.
- Bend forward 30-40° from your hips (not your waist) and very slightly bend the knee of your supporting leg.
- Hold onto the Seat Back Pad to stabilize yourself.



FINISH

FINISH

- Initiate the movement by tightening your glutes and hamstrings. Slowly pivot your leg from your hip. Move your entire leg backward, to a straight position.
- Slowly move your leg as far as you can, without allowing any movement at the waist or lower back.
- Slowly return to Start position.

Standing Hip Extension — (knee stabilized)

Muscles worked:

Gluteus Maximus; Hamstring muscles

Position:

Standing—facing machine. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Keep your knees slightly bent and support foot on Platform.
- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from waist or lower back.
- Keep working leg straight or only very slightly bent.



START

START

- Secure the Foot Harness on your foot. Keep this leg straight, but not locked at the knee.
- Bend forward 30-40° from your hips (not your waist) and very slightly bend the knee of your supporting leg.
- Hold onto the Seat Back Pad to stabilize yourself.



FINISH

FINISH

- Initiate the movement by tightening your glutes and slowly pivoting your leg from your hip. Move your entire leg backward and then lift it slightly behind you.
- Slowly move your leg as far as you can, without allowing any movement at the waist, knee or lower back.
- Slowly return to Start position.

Leg Exercises

Standing Hip Abduction

Muscles worked:

Gluteus Minimus; Gluteus Medius

Position:

Standing—facing right or left. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Keep your chest lifted, spine aligned, abs tight and a slight arch in your lower back.
- This exercise does not burn fat from hips but builds strength and stability.
- Keep working leg straight or only very slightly bent and your hips level.
- Use only a small range of motion.



START



START

- Stand on Platform.
- Secure Foot Harness on the ankle furthest from the pulley. Keep leg straightened, but knee loose.
- Adjust your position so that there is some tension in the cables at the start of this exercise.
- You may use your hand on the Seat Back Pad to stabilize movement.

FINISH



FINISH

- Slowly move the attached leg outward, away from the engine, at a 30–45° angle, keeping your hips and spine motionless.
- Slowly return to the Start position without relaxing tension in your leg.
- Keep your hips level during movement.

Standing Hip Adduction

Muscles worked:

Gluteus Medius; Adductor Longus

Position:

Standing—facing right or left. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Attach the Foot Harness to the Cables farthest from the active ankle.
- Do not cross the attached leg in front of the stabilized leg.
- Keep abs tight and do not lift your hips or excessively arch your back.
- Keep your spine straight and your hips level—do not raise hips during motion.
- Use only a small range of motion.



START



START

- Stand on Platform.
- Secure Foot Harness on the foot closest to the engine. Keep leg straightened, but knee loose.
- Adjust your position so that there is some tension in the cables at the start of this exercise.
- You may use your hand on the Seat Back Pad to stabilize movement.

FINISH



FINISH

- Slowly allow the attached leg to move inward, toward the support leg (30–45°) as you face forward, keeping your hips and spine perfectly still.
- Keeping the leg still, slowly move it back into the Start position.

Leg Exercises

Hip Flexion — (with Knee Flexion)

Muscles worked:

Iliopsoas; Rectus Femoris

Position:

Standing—facing outward.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Attach the Foot Harness to the Cables farthest from the active ankle.
- Keep your chest lifted, spine aligned, abs tight and a very slight arch in your lower back.
- Do not bend from waist or lower back.
- Allow active leg to hang in the direction of the cable throughout movement.



START



START

- Stand on Platform.
- Secure Foot Harness on the foot furthest from the engine.
- Bend forward 30-40° from your hips (not your waist) and very slightly bend the knee of your supporting leg.

FINISH



FINISH

- Initiate the movement by lifting your knee up and in, toward your torso.
- Slowly move your leg as far as you can, without allowing any movement at the waist, knee or lower back.
- Slowly return to the Start position without relaxing your leg muscles.

Dead Lift

Muscles worked:

Gluteus Maximus

Position:

Standing—facing outward. Seat removed.

Accessory:

Lat Bar

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys—Standard Pulley / 0

Success Tips

- Keep your knees slightly bent and feet on Platform.
- Keep your chest lifted, spine aligned, abs tight and your back flat with no arch.
- Lift with your legs, not lower back or arms.
- Keep your abs tight throughout movement.
- Keep your knees bent and your head up.



START



START

- Grasp the Lat Bar with one hand in an overhand grip and the other in an underhand grip.
- Bend legs approximately 90°.
- Bend over, approximately 30-45° from your hips (not your waist).

FINISH



FINISH

- Initiate the movement by pushing up with your legs.
- Slowly move upward until you are in the standing position.
- Slowly return to the Start position without relaxing tension in your legs.

Leg Exercises

Stiff Leg Dead Lift

Muscles worked:

Gluteus Maximus

Position:

Standing—facing outward. Seat removed.

Accessory:

Lat Bar

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys—Standard Pulley / 0

Success Tips

- Keep your knees slightly bent and feet on Standing Platform.
- Keep your chest lifted, spine aligned, abs tight and your back flat with no arch.
- Lift with your legs, not lower back or arms.
- Keep your abs tight throughout movement.
- Keep your knees bent and your head up.



START



START

- Grasp the Lat Bar with your palms facing downward.
- Keep your legs bent slightly.
- Bend over, approximately 90° from your hips (not your waist)

FINISH



FINISH

- Initiate the movement by pushing your hips forward.
- Slowly move your trunk until you are in the standing position. Glutes should be tightened when reaching upright position
- Slowly return to the Start position without relaxing tension in your legs.

Standing Hip Flexion

Muscles worked:

Iliacus; Psoas; Rectus Femoris

Position:

Standing—facing outward. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Make sure all the motion is occurring at your hip.
- Keep the torso tight throughout the motion.



START



START

- Stand on the Platform facing away from the engine.
- Attach one cable to the D-ring on the heel of the foot harness.
- Straighten but do not lock out the support leg.
- Stand far enough away from the pulley so that there is tension at the start of the motion.

FINISH



FINISH

- Initiate the movement by moving your whole leg forward, without allowing any movement in your waist or lower back.
- After moving your leg as far as possible, return to the Start position. Repeat with the other leg.

Leg Exercises

Standing Hip Internal Rotation

Muscles worked:

Gracilis; Adductor Magnus

Position:

Standing—facing right or left. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

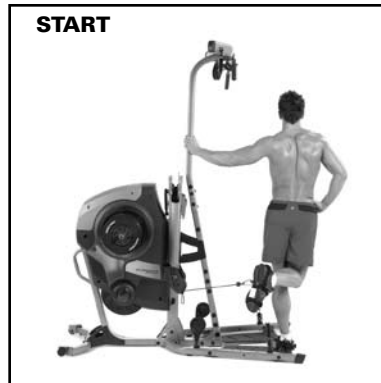
9

Success Tips

- Make sure all the motion is occurring at your hip.
- Keep the torso tight throughout the motion.



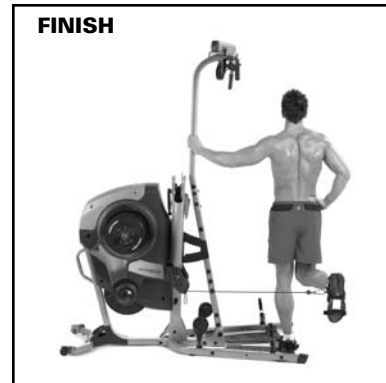
START



START

- Stand on the platform on one side of the seat rail facing sideways from the engine.
- Attach one cable to the D ring on the foot closest to the pulley on the outside edge near the front of your foot.
- Straighten but do not lock out the support leg.
- Stand far enough away from the pulley so that there is tension at the start of the motion.

FINISH



FINISH

- Initiate the movement by moving your whole leg by rotating at the hip, without allowing any movement in your waist or lower back.
- After rotating your leg as far as possible, return to the Start position.
- Repeat with the other leg.

Standing Hip External Rotation

Muscles worked:

Gluteus Medius posterior fibers; Piriformis and other deep rotators

Position:

Standing—facing right or left. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Make sure all the motion is occurring at your hip.
- Keep the torso tight throughout the motion.



START



START

- Stand on the platform on one side of the seat rail facing sideways from the engine.
- Attach one cable to the D-ring on the outside foot near the front inside edge.
- Straighten but do not lock out the support leg.
- Stand far enough away from the pulley so that there is tension at the start of the motion.

FINISH



FINISH

- Initiate the movement by moving your whole leg by rotating at the hip, without allowing any movement in your waist or lower back.
- After rotating your leg as far as possible, return to the Start position.
- Repeat with the other leg.

Leg Exercises

Lying Hip Internal Rotation

Muscles worked:

Tensor Facia Latae; Piriformis; Gluteus medius anterior fibers

Position:

Lying—right or left side toward engine. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Make sure all the motion is occurring at your hip.
- Keep the torso tight throughout the motion.



START



FINISH



START

- Attach one cable to the D-ring on the foot closest to the pulley on the outside edge near the front of your foot.
- Lie on your back with your hip and knee flexed to 90°.
- Position yourself so the cable is pulling at a 90° angle off the foot harness.
- Lie far enough away from the pulley so that there is tension at the start of the motion.

FINISH

- Initiate the movement by moving your whole leg by rotating at the hip, without allowing any movement in your waist or lower back.
- After rotating your leg as far as possible, return to the Start position.
- Repeat with the other leg.

Lying Hip External Rotation

Muscles worked:

Quadratus Femoris; Gemelli; deep hip rotators

Position:

Lying—right or left side toward engine. Seat removed.

Accessory:

Foot Harness

Adjustable Arm Position:

9

Success Tips

- Make sure all the motion is occurring at your hip.
- Keep the torso tight throughout the motion.



START



FINISH



START

- Attach one cable to the D-ring on the foot farthest away from the pulley on the inside edge of your foot.
- Lie on your back with your hip and knee flexed to 90°.
- Position yourself so the cable is pulling at a 90° angle off the foot harness.
- Lie far enough away from the pulley so that there is tension at the start of the motion.

FINISH

- Initiate the movement by moving your whole leg by rotating at the hip, without allowing any movement in your waist or lower back.
- After rotating your leg as far as possible, return to the Start position.
- Repeat with the other leg.

Leg Exercises

Lunge — Single leg hip extension w/ knee extension

Muscles worked:

Quadriceps; Hamstrings;
Gluteus Maximus; Calf muscles

Position:

Standing—facing the machine. Seat removed.

Accessory:

Squat Harness

Pulleys / Adjustable Arm

Position:

Squat Frame Pulleys—Standard Pulley
/ 0

Success Tips

- Keep the chest lifted, abs tight and a slight curve in the lower back.
- On the forward leg, while lowering the body, keep the knee pointed forward.
- Bend at the hip, not at the waist.



START

START

- Stand facing the engine, with one foot forward on the center of the platform and the other foot back behind you.
- Attach the cables to the D-ring on the bottom strap of the Squat Harness.
- Bend the front knee to approximately 90°. Bend the back knee slightly less.
- The front foot is flat on the platform, and the back foot is on the ball of the foot.



FINISH

FINISH

- Initiate the movement by extending your front leg and hip.
- Keep your upper body as stable as possible while moving upward, fully extending the knee, but not locking it.
- Return to the Start position.
- Repeat with the other leg.

Standing Single Leg Curl — Knee Flexion

Muscles worked:

Hamstrings

Position:

Standing—facing the machine.

Accessory:

Leg Extension/Curl Attachment

Adjustable Arm Position:

0

Success Tips

- Keep the chest lifted, abs tight and a slight curve in the lower back.
- Only bend at the knee of the working leg.
- Stabilize your upper body by holding onto the tower.



START

START

- Stand on either side of the seat pad and position your leg so the lower Leg Curl pad is on the back of your lower leg.
- The upper Leg Curl pad should be positioned just below the knee on the front of your leg.
- On the standing leg, stabilize your ankle, knee, hip and trunk.

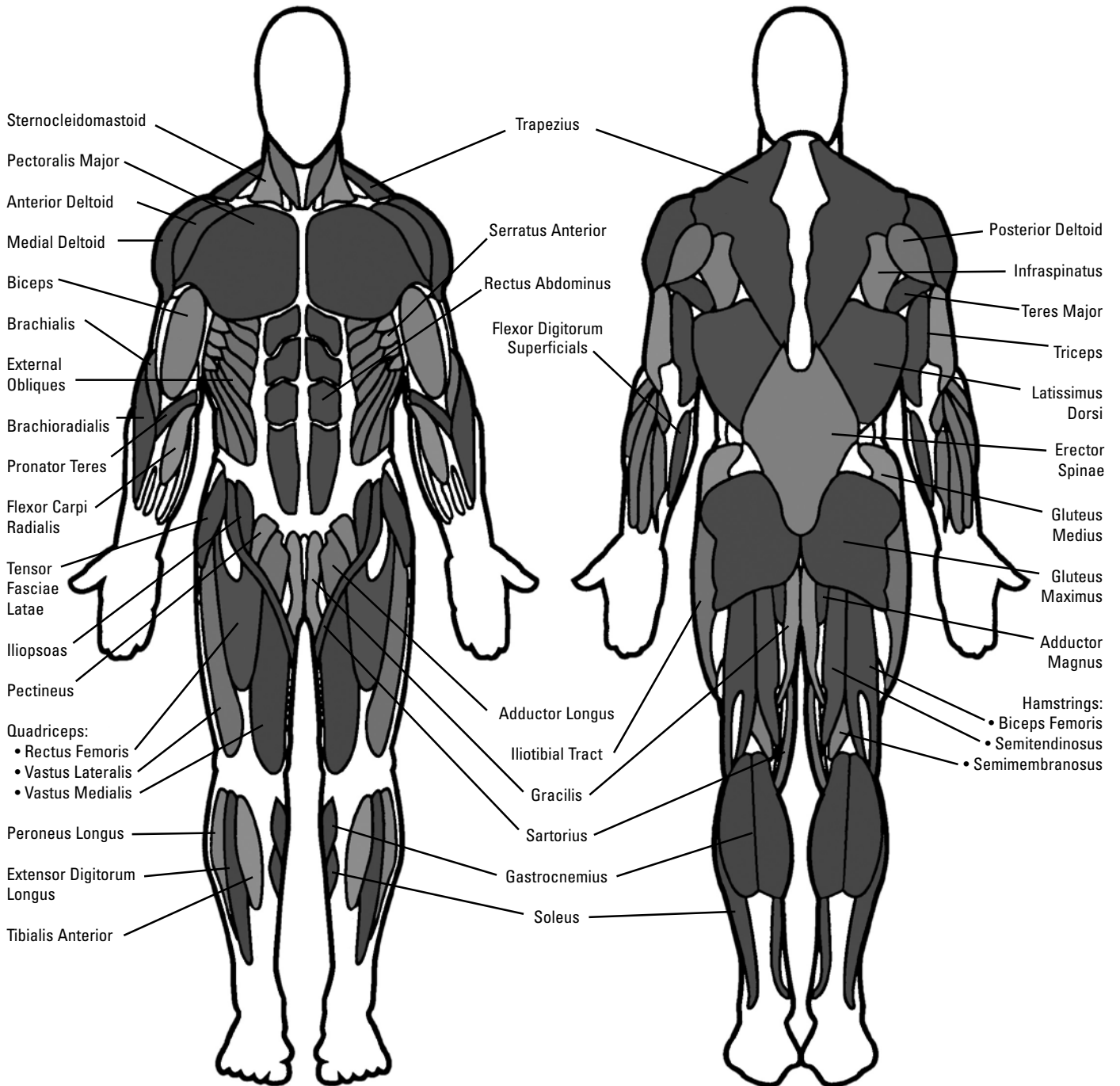


FINISH

FINISH

- Initiate the movement by bending your knee to move your lower leg upward.
- Keep your upper body as stable as possible while moving.
- Return to the Start position.
- Repeat with the other leg.

Muscle Chart



Exercise Log

Please feel free to make copies of this chart to continue your exercise log.

EXERCISE	DATE	DATE	DATE	DATE	DATE	DATE
<i>Bench Press</i>	Sets	2				
	Reps	10, 9				
	Resistance	120, 130				
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					
	Sets					
	Reps					
	Resistance					

**FAST FAT LOSS
NOW!**



The Bowflex® Body Leanness Program

By Ellington Darden, Ph.D.

The following program was created by Dr. Ellington Darden. It contains a rigorous fitness and dietary program. Please consult your physician before beginning any fitness or dietary program.

Some of the names of the exercises listed in this program have been changed in order to match the names of the exercises in this manual. The exercises themselves have *not* been changed, in order to preserve the integrity of Dr. Darden's Study.

Introduction

The Bowflex® Body Leanness Program

This program is scientifically designed for maximal fat loss over six weeks. It is important that you practice every aspect of the plan to achieve optimum results.

The program separates into three two-week stages. During each stage you will exercise, control the number and quality of calories you consume, and drink plenty of ice-cold water.

Before starting the exercise routine you must be familiar with your Bowflex Revolution™. You should experiment with finding the proper amount of resistance to use on each exercise. You should be able to perform 8 repetitions, but not more than 12 repetitions, for each exercise. It is essential that you learn how to perform each movement before trying a complete circuit, because part of the effectiveness of the training depends on minimal rest between each exercise.

WARNING!

Before beginning this program consult your physician or health care professional. Show this plan and your Bowflex Revolution® XP Owner's Manual to your physician or health care professional. Only he or she can determine if this course is appropriate for your particular age and condition. If you experience any light-headedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

Make sure you read your Bowflex Revolution® XP Owner's Manual BEFORE attempting a workout.

There are a few people who should not try this program: Children and teenagers; pregnant women; women who are breast feeding; diabetics; individuals with certain types of heart, liver, or kidney disease; and those suffering from certain types of arthritis. This should not be taken as an all inclusive list. Some people should follow the course only with their physician's specific guidance. Play it safe and consult a health care professional.

A Personal Guarantee From Dr. Ellington Darden

Dear Bowflex® Enthusiast,

I'm excited, really excited! I'm elated because I've developed an exercising and eating program that produces fat loss faster than any plan I've ever tested.

The men involved in my research, for example, had an average fat loss of 27.95 pounds (12.68 kg) per man. Women on the same program averaged a reduction of 16.96 pounds (7.69 kg). Best of all, these dramatic results were achieved—not in six months—but in only six weeks!

That's right. Similar results can be accomplished by you in six short weeks, which include just 18 workouts (3 per week) on the Bowflex® machine.

The Bowflex® home gym was a significant part of the results. The exercises performed on it allowed the participants to build muscle, which accelerated their metabolisms, and produced faster and greater fat losses.

The plan worked so well that it became known as The Bowflex® Body Leanness Program.

Leanness means to strip away the fat from under the skin as well as at deeper levels. Leanness also implies a pleasing shape and tone to the skeletal muscles.

You might say leanness is the opposite of fatness because the people involved in my research certainly got rid of their excessive fatness in record time.

All the guidelines that were applied have been organized in the booklet you are now holding in your hands. It's the next best thing to actually going through one of my research projects. In fact, it's probably better since nothing is experimental. All of the fine points have been tried, tested and proven effective.

If you are overfat, and if you are interested in doing this program, there are several things that you need to understand about my experience. Since 1965, I've trained more than 10,000 overfat individuals. After many years of pushing, coaxing, and listening to these trainees, certain traits became evident to me:

- People are not lazy by choice. They are forced into it by the confusion that surrounds the abundance of fitness information that is available. If these individuals are given simple decisive instructions, they will train very intensely.
- People, if they are provided with specific menus, will drastically alter their eating habits.
- Most of these people, however, will do neither of these challenging things for more than a week—unless they quickly see and feel changes in their body.

The Bowflex® Body Leanness Program emerged from these findings. For you to get the best-possible results, you must be willing to exercise very intensely on the Bowflex® machine and adhere to a strict eating plan.

In return, you'll get simple exercise instructions, specific menus to use, and my guarantee that if you follow the program exactly as directed, you'll observe the pounds and inches disappear on almost a weekly basis.

Now it's your turn to get excited, and get started!

Sincerely,



Dr. Ellington Darden

Measurements

If you would like to measure your personal before-and-after results, there are several steps you need to take. It is important that you accurately perform each task, then at the end of the six-week program, repeat the process in the same manner.

Body Weight:

Remove clothing and shoes and record your weight to the nearest quarter pound or hundred grams. Be sure to use the same scale when weighing yourself at the end of the six-week program. For the most accurate recordings, weigh yourself nude in the morning.

Since the program is divided into three two-week segments, you may want to weigh yourself at the end of each two-week period. Understand, however that weight loss is not the best way to determine your success. Fat loss is the key component. To determine the amount of fat you've lost, you'll need to follow the instructions in the next section.

Enter your starting weight on the RESULTS SUMMARY SHEET provided.

Circumference of Body Parts:

For an even better idea of the changes that will occur to your body in the next six weeks, it is necessary to measure the circumference of certain body parts. This will tell you where the fat is shrinking and what areas are toning up.

Use a plastic tape to measure the following:

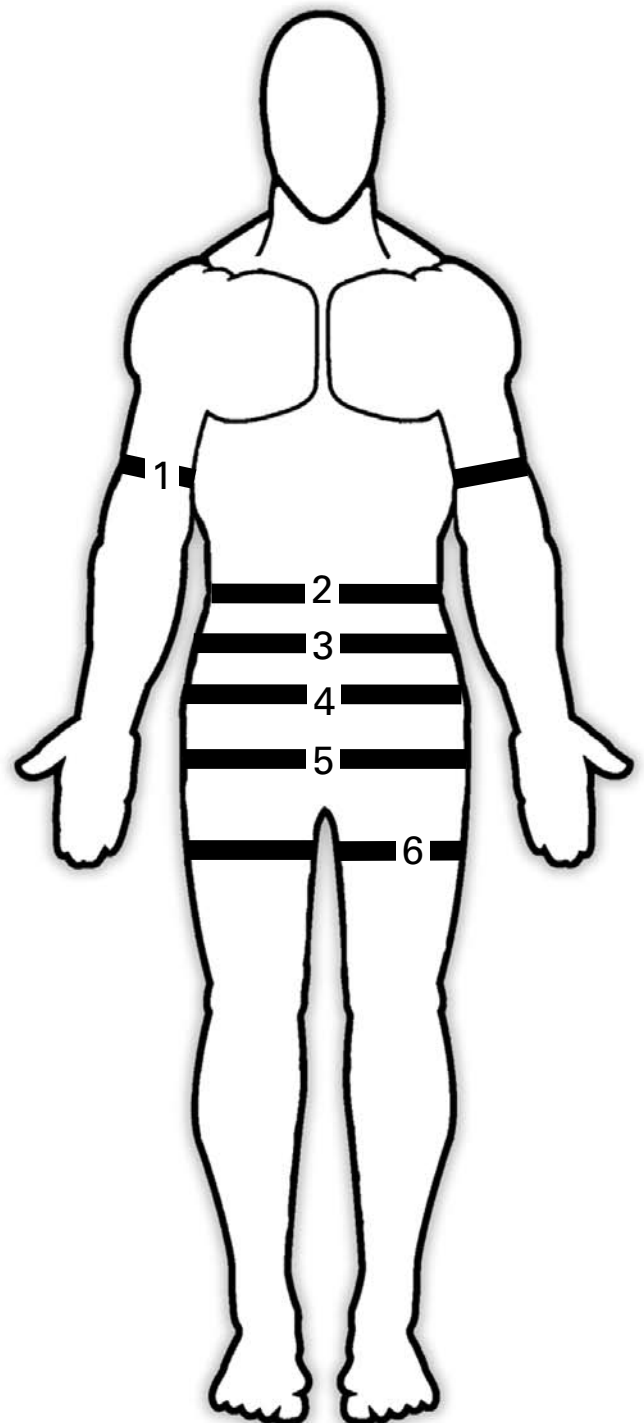
- 1) Upper arms — hanging and relaxed, midway between the shoulder and elbow.
- 2) 2" (5 cm) above navel — belly relaxed.
- 3) At navel — belly relaxed.
- 4) 2" (5 cm) below navel — belly relaxed.
- 5) Hips — feet together at maximum protrusion of buttocks.
- 6) Thighs — high, just below the buttocks crease with legs apart and weight distributed equally on both feet.

Women Measure:

Suprailium, triceps, and thigh.

Men Measure:

Chest, abdomen, and thigh.



Record each measurement on your Results Summary Sheet.

Measurements

Skinfold Measurements

To accurately track your progress through this six-week program, it is necessary to take skinfold measurements. By measuring yourself in this way, you will be able to determine your lean-body mass and your body-fat percentage. The goal of this program is to increase your lean-body mass and decrease your body-fat percentage.

Please read this section carefully. Proper measuring techniques are essential to track your success. It is best to have someone measure you. Measuring yourself can lead to inaccurate results.

Women Measure: Suprailium, Triceps, and Thigh



Suprailium

Stand relaxed. Pick up a diagonal skinfold just above the crest of the hip bone on the right side of the waist.



Triceps

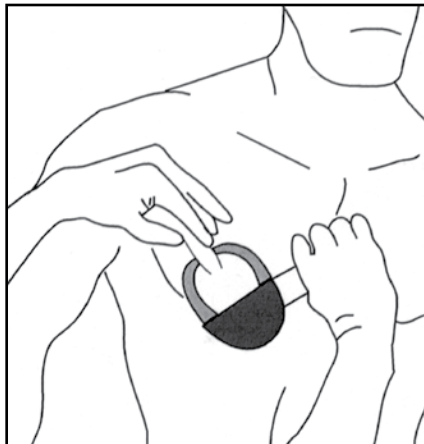
Stand with right elbow flexed 90 degrees and locate the center of the back of the upper arm midway between the shoulder and the elbow. Relax arm at your side. Pick up skinfold as pictured.



Thigh

Stand relaxed with most of the weight on your left leg. Pick up a skinfold in the vertical plane on the front side of the right thigh, midway between the hip and knee joints.

Men Measure: Chest, Abdomen and Thigh



Chest

Stand relaxed. Pick up a diagonal skinfold over the right pectorals muscle, midway between the armpit and the nipple.



Abdomen

Stand relaxed. Pick up a vertical skinfold on the right side of the navel.

Measurements

Using Calipers When Measuring Skinfolts

The procedure for measuring skinfold thickness is to grasp firmly with the thumb and forefinger a fold of skin and surface fat and pull it away from the underlying muscle. Take the caliper in your other hand and open the jaws. Clamp the jaws over the pinched skin and fat. The jaws exert constant tension at the point of contact with the skin. The thickness of the double layer of skin and fat can then be read directly from the caliper, which is marked in millimeters.

Women

Suprailium _____

Triceps _____

Thigh _____

Total _____

Men

Chest _____

Abdomen _____

Thigh _____

Total _____

Use these figures on the following chart to determine your body-fat percentage and enter the number on the line below.

Starting body-fat percentage _____

Optional Picture Taking

Pictures can be the most exciting evaluation you can do. The numbers and the tape measurements are great, but actually seeing differences from comparison photographs of yourself is quite satisfying.

Taking full-length photographs is not difficult, but to see the maximum difference between before and after, you should follow these guidelines.

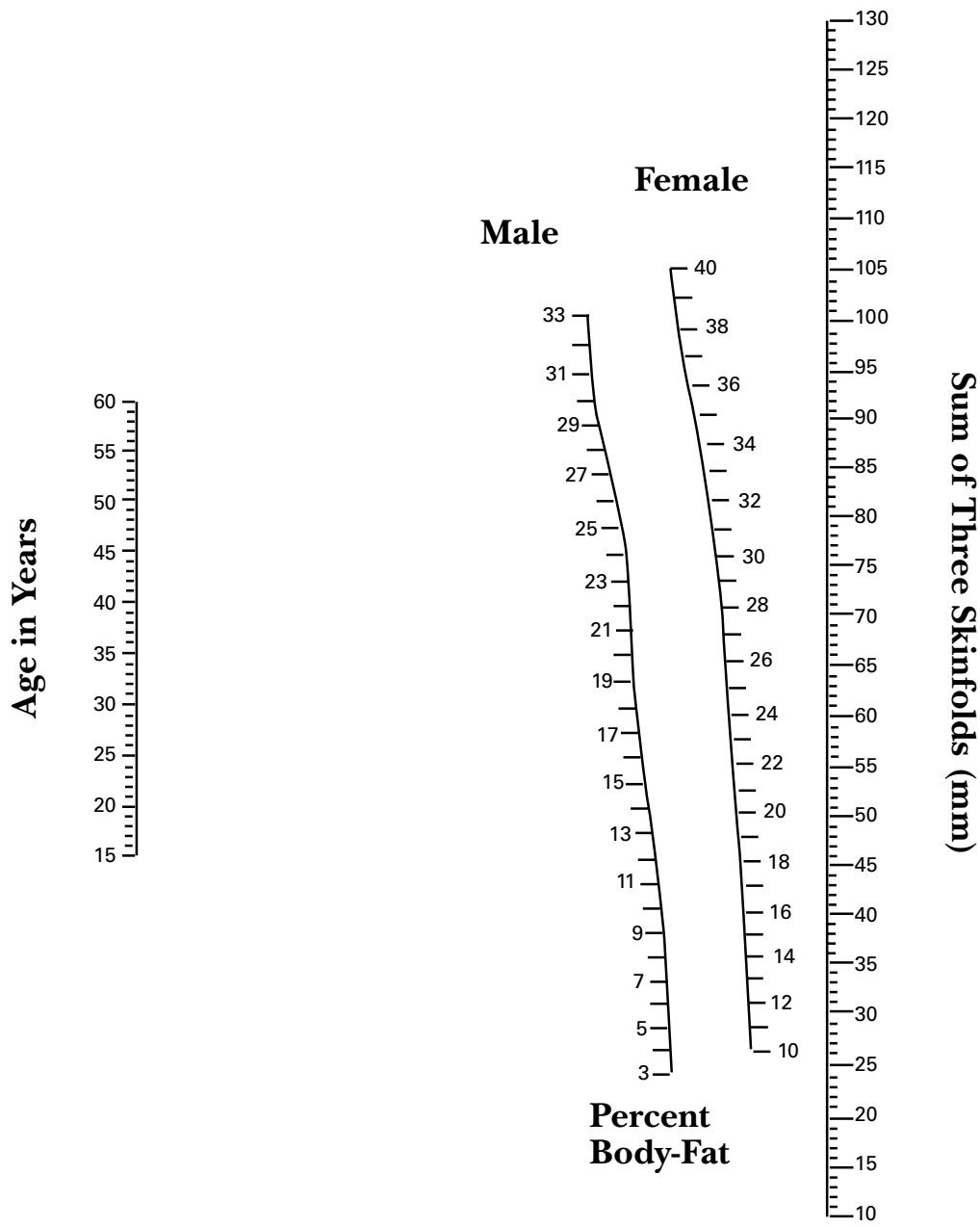
- 1) Keep everything the same. Wear the same outfit, a snug solid color is best, and have the person taking the picture stand in the same place, with the same setting behind you.
- 2) Make sure you stand against an uncluttered, light background.

- 3) Have the person taking the photograph move away from you until he can see your entire body in the viewfinder.
- 4) Stand relaxed for three pictures, front, right side, and back. Do not try to suck in your stomach.
- 5) Interlace your fingers and place them on top of your head, so the contours of your torso will be plainly visible. Keep your feet 8" (20 cm) apart in all three pictures.
- 6) When you get the film developed tell the processors to make your after photos the same size as your previous ones. This way, your height in both sets of photos is equal and more valid comparisons can be made.

Determining Your Body Fat

To Use The Nomogram:

- 1) Locate the sum of your three skinfolds in the right column and mark it.
- 2) Locate your age in years on the far left column and mark it.
- 3) Connect the two marks with a straightedge. Where the straightedge intersects the line in the middle column appropriate to you, you will find your body-fat percentage.



Calculating Lean Body Mass

Now that you know your body-fat percentage, you can calculate your lean-body percentage. This will eventually show you how many pounds of muscle were added to your body, after completing the program.

For Example:

Before the program, Joe weighs 200 pounds (90.7 kg) and measures 30% fat, which amounts to 60 pounds (27.2 kg). Thus, his lean-body mass is 70%, or 140 pounds (63.5 kg).

After the program, Joe weighs 180 pounds (81.6 kg) and is 20% fat, which equals 36 pounds (16.3 kg). His lean-body mass is 80%, or 144 pounds (65.3 kg).

Simple calculations allow us to find the amount of fat Joe lost, and the amount of muscle Joe gained. Before fat weight (60 pounds), minus after fat weight (36 pounds) equals 24 pounds (10.8 kg) of fat lost. After lean-mass weight (144 pounds) minus before lean-mass weight (140 pounds) equals 4 pounds (1.8 kg) of muscle gained.

Enter Your Information Here: (*Pounds or Kilograms*)

Before

Body Weight		Fat Percentage		Body Fat Weight
<input style="width: 100%;" type="text"/>	X	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>
Body Weight		Weight of Body Fat		Lean-Body Weight
<input style="width: 100%;" type="text"/>	-	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>

Use the Same Factors to Calculate After Six Weeks.

After

Body Weight		Fat Percentage		Body Fat Weight
<input style="width: 100%;" type="text"/>	X	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>
Body Weight		Weight of Body Fat		Lean-Body Weight
<input style="width: 100%;" type="text"/>	-	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>

Final Results

<i>Before</i> Body Fat Weight		<i>After</i> Body Fat Weight		Total Fat Lost
<input style="width: 100%;" type="text"/>	-	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>
<i>After</i> Lean-Mass Weight		<i>Before</i> Lean-Mass Weight		Total Lean-Mass Gained
<input style="width: 100%;" type="text"/>	-	<input style="width: 100%;" type="text"/>	=	<input style="width: 100%;" type="text"/>

Your Results Summary Sheet

Name _____ Age _____

Height _____ Weight Loss _____

Weight Before _____ Muscle Gain _____

Weight After _____ Fat Loss _____

Please follow the instructions in the “Measurements” section for measuring circumferences.

Measurements	Before	After	Difference
Right Arm	_____	_____	_____
Left Arm	_____	_____	_____
2” (5 cm) Above Navel	_____	_____	_____
Navel	_____	_____	_____
2” (5 cm) Below Navel	_____	_____	_____
Hips	_____	_____	_____
Right Thigh	_____	_____	_____
Left Thigh	_____	_____	_____
		Total	_____
Percent Body Fat	_____	_____	_____

If you wish to submit your results, please send to: Bowflex Results, 16400 SE Nautilus Drive, Vancouver, WA 98683. Or you may fax this sheet to Bowflex Results at 1-360-694-7755. Please include your name, address, and phone number. Submissions may be selected for use in promotional marketing materials.

The Workouts

GUIDELINES Week 1&2

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than 60 seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Extension	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Seated Shoulder Press	1	8-12
Seated Abdominal Crunch	1	8-12

GUIDELINES Week 3&4

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than 45 seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Extension	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Seated Shoulder Press	1	8-12
Rear Deltoid Rows*	1	8-12
Seated Triceps Extension	1	8-12
Seated Abdominal Crunch	1	8-12

GUIDELINES Week 5&6

All exercises should be practiced with one set of 8 to 12 repetitions. The style of performance is very important. The movement for each repetition should be 4 seconds in the positive phase and 4 seconds in the negative. Keep the motion slow and smooth. When 12 repetitions are accomplished, increase the resistance by approximately 5 percent. Keep the time between exercises to a minimum, no longer than 30 seconds. No workout should take more than 30 minutes to complete. Perform each workout three days a week.

Exercise	Sets	Reps
Leg Extension	1	8-12
Leg Press	1	8-12
Bench Press	1	8-12
Lying Biceps Curl	1	8-12
Lying Shoulder Pullover	1	8-12
Reverse Fly	1	8-12
Rear Deltoid Rows*	1	8-12
Seated Triceps Extension	1	8-12
Seated Abdominal Crunch	1	8-12

* The Upright Row exercise was used in Dr. Darden's original study. Although many people have used this exercise for years, recent information in the Physical Therapy field has caused the authors of this manual to caution against performing this exercise because of the unnatural twisting movement created in the shoulder joint. We suggest you substitute Rear Deltoid Rows for the Upright Row exercise.

Eating Guidelines

You will be following a reduced-calorie nutrition program, which is divided into three two-week segments. The program is a proven method for achieving maximal fat loss over a six-week period. It consists of a carbohydrate-rich, descending-calorie eating plan, and a superhydration routine.

Follow a Carbohydrate-Rich, Descending-Calorie Eating Plan:

Approximately 60 percent of the daily calories should be from carbohydrates. The other 40 percent will be equally divided between proteins and fats. The 60:20:20 ratio of carbohydrates, proteins, and fats is ideal for maximum fat loss.

Keep Menus Simple and Food Substitutions to a Minimum:

Research has established that successful dieters prefer the same foods each day for breakfast and lunch. They like variety, however, for dinner. Detailed menus and food choices are included later in this manual.

If you must vary from the menu items, try to stay within the 60:20:20 ratio of carbohydrates, proteins and fats.

For Example			
Daily Amount	Carbohydrate	Protein	Fat
Calories	60%	20%	20%
2000	1200	400	400
1900	1140	380	380
1800	1080	360	360
1700	1020	340	340
1600	960	320	320
1500	900	300	300
1400	840	280	280
1300	780	260	260
1200	720	240	240
1100	660	220	220
1000	600	200	200

Avoid Too Much Stress:

Too much stress of any kind can cause the body to actually preserve fat stores. You should relax more. An after-dinner walk at a leisurely pace is helpful. Extra sleep is suggested, since sleep facilitates fat loss and muscle recovery. Furthermore, to keep the body well rested, ***no other exercises or activities are allowed during the six-week program.*** This is a scientifically proven program that works. More is not better. Any additional exercise other than the amount recommended can and will harm your fat loss.

Superhydrate Your System

Drinking plenty of water is essential to the success of this program. Drinking the recommended amount of water can seem like a challenge at first. Stick with it. Carry a large sport bottle or similar item with you throughout the day. After several weeks, you will find that you actually thirst for more and more water, and the amounts recommended are easily reached.

Superhydration aids fat loss in a number of ways. First, the kidneys are unable to function without adequate water. When they do not work to capacity some of their load is dumped onto the liver.

This diverts the liver from its primary function, which is to metabolize stored fat into usable energy. Because it's performing the chores of the water-depleted kidneys, the liver metabolizes less fat.

Second, overeating can be averted through water intake, as water can keep the stomach feeling full and satisfied between meals.

Third, ice-cold water requires calories to warm it to core body temperature. In fact, *1 US gallon of ice cold water (3.8 l) generates 123 calories of heat energy.*

You'll be drinking from 1 to 1 5/8 US gallons (3.8 - 6.2 l) of water each day on the following superhydration schedule:

Week 1 = drink four 32-oz. bottles (3.8 l) of ice-cold water per day.

Week 2 = drink four and a half 32-oz. bottles (4.3 l) of ice-cold water per day.

Week 3 = drink five 32-oz. bottles (4.6 l) of ice-cold water per day.

Week 4 = drink five and a half 32-oz. bottles (5.2 l) of ice-cold water per day.

Week 5 = drink six 32-oz. bottles (5.7 l) of ice-cold water per day.

Week 6 = drink six and a half 32-oz. bottles (6.2 l) of ice-cold water per day.

Don't be surprised if you have to make more than a dozen trips to the rest room, especially during the first week of the program. Remember, your body is an adaptive system, and it will soon accommodate the increased water consumption.

Note: *Although it is doubtful that you could ever drink too much water, a few ailments can be negatively affected by large amounts of fluid. For example, anyone with a kidney disorder, or anyone who takes diuretics, should consult a physician before going on the recommended water-drinking schedule. If you have any doubts about the recommendations, play it safe and check with your doctor.*

The Eating Plan

The menus in the Bowflex® eating plan are designed for maximum fat-loss effectiveness and nutritional value. For best results, follow them exactly.

Every attempt has been made to utilize current popular brand names and accurate calorie counts, which are listed in the menus. But as you probably realize the products are sometimes changed or discontinued. If a listed item is not available in your area, you'll need to substitute a similar product. Become an informed label reader at your supermarket. Ask questions about any products you don't understand. Supermarket managers are usually helpful. If they don't have an answer to your question, they will get it for you.

Each day you will choose a limited selection of foods for breakfast and lunch. Most people can consume the same basic breakfast and the same basic lunch for months with little modification. Ample variety during your evening meal, however, will make daily eating interesting and enjoyable. Additionally, the eating plan includes a mid-afternoon and late-night snack to keep your energy high and your hunger low.

Begin Week 1 on Monday and continue through Sunday. Week 2 is a repeat of Week 1. Calories for each food are noted in parentheses. A shopping list follows.

The eating plan for the next six weeks descends:

Week 1 & 2:

Men 1500 calories per day.

Women 1200 calories per day.

Week 3 & 4:

Men 1400 calories per day.

Women 1100 calories per day.

Week 5 & 6:

Men 1300 calories per day.

Women 1000 calories per day.

You'll always have a 300 calorie breakfast, a 300 calorie lunch, and a 300 calorie dinner (women), or 500 calorie dinner (men). With each two-week descend, only your snack calories will change: from 400 to 300 to 200 calories per day (men), or 300 to 200 to 100 calories per day (women). For each of your five daily meals, you'll have at least three choices.

Everything has been simplified so even the most kitchen-inept man or woman can succeed. Very little cooking is required. All you have to do is read the menus, select your food choices, and follow the directions. It's as simple as that.

If you find that you wish to vary from the outline menu items try to stay with in the 60:20:20 ratio of carbohydrates, proteins, and fats.

The Eating Plan – US Measurements

Breakfast = 300 calories

Choice of bagel, cereal or shake.

Bagel

1 plain bagel, Sarah Lee® (frozen) (210)
 3/4 oz. light cream cheese (45)
 1/2 C. orange juice, fresh or frozen (55)
 Any beverage without calories, caffeine, or sodium, such as decaffeinated coffee or tea.

Cereal

1.5 oz. (42 grams) serving equals approximately 165 calories.
 Choice of one: Kellogg's® Low Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4
 1/2 C. skim milk (45)
 3/4 C. orange juice (82)
 Noncaloric beverage

Shake (choice of one shake)

Place ingredients in blender. Blend until smooth.

Banana-Orange Shake

1 large banana (8 3/4 inches long) (100)
 1/2 C. orange juice (55)
 1/2 C. skim milk (45)
 2 T. wheat germ (66)
 1 t. safflower oil (42)
 2 ice cubes (optional)

or Chocolate or Vanilla Shake

1 packet Carnation® Instant Breakfast, Champion UltraMet®, or another diet shake powder that contains the appropriate calories (100)
 1 C. skim milk (90)
 1/2 large banana (8 3/4 inches long) (50)
 1 t. safflower oil (42)
 1 t. Carnation® Malted Milk powder (20)
 2 ice cubes (optional)

Lunch = 300 calories.

Choice of sandwich, soup or salad.

Sandwich

2 slices whole wheat bread (140)
 2 t. Promise Ultra® Vegetable Oil Spread (24)
 2 oz. white meat (about 8 thin slices), chicken or turkey (80)
 1 oz. fat-free cheese (1 1/2 slices) (50)
 (Opt.: Add to bread 1 t. Dijon mustard (0)
 Noncaloric beverage

Soup (choice of one soup)

• Healthy Choice® Hearty Chicken, 15-oz. can (260), or

• Campbell's® Healthy Request Hearty Vegetable Beef, 16-oz. can (260)
 1/2 slice whole-wheat bread (35)
 Noncaloric beverage

Chef Salad

2 C. lettuce, chopped (20)
 2 oz. white meat, chicken or turkey (80)
 2 oz. fat-free cheese (100)
 4 slices tomato, chopped (28)
 1 T. Italian, fat-free dressing (6)
 1 slice whole wheat bread (70)
 Noncaloric beverage

Mid-Afternoon Snack

Men—200 calories for Weeks 1&2;
 150 calories for Weeks 3&4;
 100 calories for Weeks 5&6.

Women—150 calories for Weeks 1&2;
 100 calories for Weeks 3&4;
 50 calories for Weeks 5&6.

Choose calories from:

1 large banana (8 3/4 inches long) (100)
 1 apple (3-inch diameter) (100)
 1/2 cantaloupe (5-inch diameter) (94)
 5 dried prunes (100)
 1 oz. (2 small 1/2 oz. boxes) raisins (82)
 1 C. light, nonfat, flavored yogurt (100)

Dinner

Men—500 calories, **Women**—300 calories

Choice of tuna salad dinner, steak dinner or frozen microwave dinner.

Tuna Salad Dinner

In a large bowl, mix the following:
 1 6-oz. can chunk light tuna in water (180)
 1 T. Hellmann's® Light, Reduced-Calorie Mayonnaise (50)
 2 T. sweet pickle relish (40)
 1/4 C. whole kernel corn, canned, no salt added (30)
 Noncaloric beverage

Men add:

1/2 C. sliced white potatoes, canned (45)
 2 slices whole wheat bread (140)

Steak Dinner

3 oz. lean sirloin, broiled (176)
 1/2 C. sweet peas, canned, no salt added (60)
 1/2 C. beets, canned (35)
 1/2 C. skim milk (45)

Noncaloric beverage

Men add:

2 slices whole wheat bread (140)
 1 t. Promise Ultra® Vegetable Oil Spread (12)
 1/2 C. skim milk (45)

Frozen Microwave Dinner

Choice of one meal:

• Glazed Chicken Dinner, Lean Cuisine® (230)
 2/3 C. skim milk (60)
 Noncaloric beverage
 • Lasagna with Meat Sauce, Lean Cuisine® (240)
 1/2 C. skim milk (45)
 Noncaloric beverage
 • Macaroni and Cheese, Weight Watchers® (260)

1/2 C. skim milk (45)

Noncaloric beverage

• Broccoli & Cheddar Cheese Sauce over Baked Potato, Lean Cuisine® Lunch Express (250)

1/2 C. skim milk (45)

Noncaloric beverage

• Grilled Turkey Breast, Healthy Choice® (260)

1/2 C. skim milk (45)

Noncaloric beverage

Men add:

2 slices whole wheat bread (140)
 2 t. Promise Ultra® Vegetable Oil Spread (24)
 1/2 C. skim milk (45)

Late-Night Snack

Men—200 calories for 1&2; 150 calories for Weeks 3&4; 100 calories for Weeks 5&6.

Women—150 calories for Weeks 1&2; 100 calories for Weeks 3&4; 50 calories for Weeks 5&6.

Choose calories from afternoon snack selections plus the following:

1/2 C. low-fat frozen yogurt (100)
 2 C. light, microwave popcorn (100)

The Eating Plan – Metric Measurements*

Breakfast = 300 calories

Choice of bagel, cereal or shake.

Bagel

1 plain bagel, Sarah Lee® (frozen) (210)
 21 g light cream cheese (45)
 120 ml orange juice, fresh or frozen (55)
 Any beverage without calories, caffeine, or sodium, such as decaffeinated coffee or tea.

Cereal

42 gram serving equals approximately 165 calories.
 Choice of one: Kellogg's® Low Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4
 120 ml skim milk (45)
 177 ml orange juice (82)
 Noncaloric beverage

Shake (choice of one shake)

Place ingredients in blender. Blend until smooth.

Banana-Orange Shake

1 large banana (22 cm long) (100)
 120 ml orange juice (55)
 120 ml skim milk (45)
 15 ml wheat germ (66)
 5 ml safflower oil (42)
 2 ice cubes (optional)

or Chocolate or Vanilla Shake

1 packet Carnation® Instant Breakfast, Champion UltraMet®, or another diet shake powder that contains the appropriate calories (100)
 240 ml skim milk (90)
 1/2 large banana (22 cm long) (50)
 5 ml safflower oil (42)
 5 ml Carnation® Malted Milk powder (20)
 2 ice cubes (optional)

Lunch = 300 calories.

Choice of sandwich, soup or salad.

Sandwich

2 slices whole wheat bread (140)
 10 ml Promise Ultra® Vegetable Oil Spread (24)
 57 g white meat (about 8 thin slices), chicken or turkey (80)
 28 g fat-free cheese (1 1/2 slices) (50)
 (Opt.: Add to bread 5 ml Dijon mustard (0))
 Noncaloric beverage

Soup (choice of one soup)

• Healthy Choice® Hearty Chicken, 420 g can (260), or
 • Campbell's® Healthy Request Hearty Vegetable Beef, 450 g can (260)
 1/2 slice whole-wheat bread (35)
 Noncaloric beverage

Chef Salad

480 ml lettuce, chopped (20)
 57 g white meat, chicken or turkey (80)
 57 g fat-free cheese (100)
 4 slices tomato, chopped (28)
 15 ml Italian, fat-free dressing (6)
 1 slice whole wheat bread (70)
 Noncaloric beverage

Mid-Afternoon Snack

Men—200 calories for Weeks 1&2;

150 calories for Weeks 3&4;

100 calories for Weeks 5&6.

Women—150 calories for Weeks 1&2;

100 calories for Weeks 3&4;

50 calories for Weeks 5&6.

Choose calories from:

1 large banana (22 cm long) (100)
 1 apple (7.6 cm diameter) (100)
 1/2 cantaloupe (12.7 cm diameter) (94)
 5 dried prunes (100)
 28 g (2 small 14 g. boxes) raisins (82)
 240 ml light, nonfat, flavored yogurt (100)

Dinner

Men—500 calories, **Women**—300 calories

Choice of tuna salad dinner, steak dinner or frozen microwave dinner.

Tuna Salad Dinner

In a large bowl, mix the following:
 1 can (170 g) chunk light tuna in water (180)
 15 ml Hellmann's® Light, Reduced-Calorie Mayonnaise (50)
 30 ml sweet pickle relish (40)
 60 ml whole kernel corn, canned, no salt added (30)
 Noncaloric beverage
Men add:
 120 ml sliced white potatoes, canned (45)
 2 slices whole wheat bread (140)

Steak Dinner

85 g lean sirloin, broiled (176)
 120 ml sweet peas, canned, no salt added (60)
 120 ml beets, canned (35)
 120 ml skim milk (45)
 Noncaloric beverage
Men add:
 2 slices whole wheat bread (140)
 5 ml Promise Ultra® Vegetable Oil Spread (12)
 120 ml skim milk (45)

Frozen Microwave Dinner

Choose one meal:

• Glazed Chicken Dinner, Lean Cuisine® (230)
 160 ml skim milk (60)
 Noncaloric beverage
 • Lasagna with Meat Sauce, Lean Cuisine® (240)
 120 ml skim milk (45)
 Noncaloric beverage
 • Macaroni and Cheese, Weight Watchers® (260)
 120 ml skim milk (45)
 Noncaloric beverage
 • Broccoli & Cheddar Cheese Sauce over Baked Potato, Lean Cuisine® Lunch Express (250)
 120 ml skim milk (45)
 Noncaloric beverage
 • Grilled Turkey Breast, Healthy Choice® (260)
 120 ml skim milk (45)
 Noncaloric beverage

Men add:

2 slices whole-wheat bread (140)
 10 ml Promise Ultra® Vegetable Oil Spread (24)
 120 ml skim milk (45)

Late-Night Snack

Men—200 calories for 1&2; 150 calories for Weeks 3&4; 100 calories for Weeks 5&6.

Women—150 calories for Weeks 1&2; 100 calories for Weeks 3&4; 50 calories for Weeks 5&6.

Choose calories from afternoon snack selections plus the following:

120 ml low-fat frozen yogurt (100)
 240 ml light, microwave popcorn (100)

* Nutritionally equivalent products with similar calorie counts may be substituted if recommended products cannot be found.

Shopping List

Quantities needed for listed items will depend on your specific selections. Review your choices and adjust the shopping list accordingly. It may be helpful for you to photocopy this list each week before doing your shopping.

Staples

Orange juice, skim milk, whole-wheat bread, Promise Ultra® Vegetable Oil Spread, Italian fat-free dressing, Dijon mustard, safflower oil, noncaloric beverages (tea, decaffeinated coffee, diet soft drinks, water).

Grains

Bagels, Sarah Lee® (frozen)

Cereals – 1.5 oz. (42 g) serving equals approximately 165 calories; Kellogg's® Low-Fat Granola (without raisins), General Mills® Honey Nut Clusters, General Mills® Basic 4.

Wheat germ, malted milk powder, popcorn (microwave light).

Fruits

Bananas, large (8 3/4 inches [22 cm] long), apples (3-inch [7.6 cm] diameter), cantaloupes (5-inch [12.7 cm] diameter), dried prunes, raisins.

Vegetables

Lettuce, tomatoes, whole kernel corn (canned no salt added), sweet peas, (canned no salt added), sliced white potatoes (canned), cut beets (canned).

Dairy

Yogurt (light nonfat), cream cheese (light), cheese (fat-free), low-fat frozen yogurt, Carnation® Instant Breakfast packets, Champion UltraMet® Packets.

Meat, Poultry, Fish and Entrees

Chicken (thin sliced), turkey (thin sliced), tuna (canned in water), sirloin steak (lean).

Canned soup:

Healthy Choice® Hearty Chicken, Campbell's® Healthy Request Hearty Vegetable Beef.

Frozen microwave dinners or entrees:

Lean Cuisine® Glazed Chicken Dinner, Lean Cuisine® Lasagna with Meat Sauce, Lean Cuisine® Lunch Express Broccoli & Cheddar Cheese over Potato, Weight Watchers® Macaroni and Cheese, Healthy Choice® Grilled Turkey Breast.

Q & A

Q. I often get headaches when I eat only 1000 calories a day. What should I do?

A. Your headaches may be caused by going longer than three hours between meals or snacks. Try spacing your meals and snacks where there are fewer hours between them.

Some people who are used to drinking regular coffee with caffeine notice headaches when they stop consuming coffee for several days. If this is the case with you, you might want to ease off the coffee more gradually.

Q. I don't like red meat. I notice that the Lean Cuisine® Lasagna with Meat Sauce contains beef. What can I substitute for it?

A. Lean Cuisine® has many other frozen dinners that you may substitute for Lasagna with Meat Sauce. Try to find one that contains the same calories, with approximately 15 to 20 percent of the calories coming from fat. Some of the Lean Cuisine® dinners actually have too little fat for my nutritional requirements.

Q. May I have dinner for lunch and lunch for dinner?

A. Yes.

Q. I tend to get a headache when I drink cold water. Can I drink water without it being chilled?

A. Yes, but you won't get the 123 calories or more thermogenic effect from warming the cold water to core body temperature. Try a more gradual drinking of the cold water. You may have been consuming it too quickly.

Q. Is it possible to drink too much water?

A. Certainly. To do so, however, you'd probably have to drink four or five times as much per day as I'm recommending. There are a few ailments that can be negatively affected by large amounts of fluid. If you feel you have a problem, check with your doctor before starting the program.

Q. Is bottled water better than tap water?

A. Research shows that bottled water is not always higher quality water than tap water. The decision to drink bottled water or not is usually one of taste. If you dislike the taste of your tap water, then drink your favorite bottled water. But first you might want to try a twist of lemon or lime added to the water from your tap. Some people say it makes a significant difference in

the taste.

Q. I'm a middle-aged woman who gets black and blue marks on my legs when I diet. Am I doing anything wrong?

A. I doubt you are doing anything wrong. Such black and blue marks are usually the result of an increased level of estrogen circulating in your body, which weakens the walls of the capillaries and causes them to break under the slightest pressure. When this happens, blood escapes and a bruise occurs. Estrogen is broken down in the liver, and so is fat. When you are dieting, your liver breaks down the fat, leaving a lot more estrogen in the bloodstream.

It may be helpful to supplement your diet with a little extra vitamin C each day to help toughen the walls of the capillaries.

Q. I'm a 40-year-old woman with a teenage son and daughter. My husband and I both want to lose 10 pounds (4.5 kg) and the children would also like to lose some weight. Can I put the whole family on the program?

A. It would be great if you could, but you cannot. The number of calories per day is the problem. Teenagers require significantly more calories each day than 1500, which is the highest level. Check with a registered dietician (RD) for appropriate recommendations.

Your teenage son and daughter, however, could follow the Bowflex® exercise routines.

Q. I'm afraid that I might get large, unfeminine muscles from some of the Bowflex® exercises you recommend in this course. What can I do to prevent this from happening?

A. You are worrying about large muscles unnecessarily. Building large muscles requires two conditions. First, the individual must have long muscles and short tendons. Second, an abundance of testosterone must be present in the blood stream. Women almost never have either of these conditions.

Under no circumstances could 99.99 percent of American women develop excessively large muscles. Progressive resistance exercise such as with the Bowflex® machine will make your muscles larger—but not excessively large—and larger muscles will make your body firmer and more shapely.

Q. Why is it so important I perform the Bowflex® exercises with a 4-second count on the lifting and lowering?

A. Because a slow, smooth 4-second lifting followed by a 4-second lowering involves more muscle fibers more thoroughly than faster speeds of movement. The more completely each involved muscle fiber works simply means you'll get better muscle-building results.

Q. I'm confused about how to breathe during each Bowflex® exercise?

A. Let's say your goal is to do 10 repetitions on a specific Bowflex® exercise that is performed in the recommended 4-second lifting and 4-second lowering style. Here are the proper breathing guidelines to follow:

- Breathe normally during the first five repetitions.
- Take shorter, more shallow breaths during the sixth, seventh, and eighth repetitions.
- Emphasize exhalation more than inhalation, especially during the ninth and tenth repetitions. Focus on good form and slow movement.
- Do not hold your breath on any repetition. Practice relaxing your face and neck. Do not grit your teeth. Keep your eyes open and remain alert.

Q. I'm not as disciplined and patient as I'd like to be. How can I better stay on track with the program?

A. One suggestion is to team up with a partner. Most people are more motivated and make better progress if they go through the program with a friend. In selecting a training partner, here are several things to keep in mind:

- Your partner should be similar to you in age and condition.
- Your partner should be serious about getting into shape and making a commitment. That commitment means you'll be exercising together one hour, three times per week. Each of your joint training sessions should take approximately 50 minutes: 25 minutes for your workout and 25 minutes supervising your partner's workout.
- Your partner should be someone with whom you'll share a spirit of cooperation, not competition.
- Your partner should not be your spouse, brother,

sister, or other family member. You do not want normal interpersonal problems to interfere with the training.

Q. Why won't you allow me to do aerobic dancing on my off-days to speed up the loss of body fat?

A. Because doing so doesn't speed up fat loss. Aerobic dancing—and other activities such as running, swimming, cycling, stair-stepping, and racquetball—do not contribute significantly to the fat-loss process. In fact, when added to proper strength training they can actually retard the reduction of fat.

Fat loss is retarded in two ways. Too much repetitive activity prevents maximum muscle building by using up your recover ability. A well-rested recover ability is necessary for muscle growth. Too much activity—especially if you are on a reduced-calorie diet—causes you to get the blahs and quickly lose your enthusiasm. If this happens, you're sure to break your diet.

The primary purpose of this program is to lose fat in the most effective and most efficient manner. Fat loss is prioritized and maximized by building muscle at the same time. The muscle-building process is optimized by a well-rested recovery ability, which necessitates keeping your strenuous and moderately strenuous activities to a bare minimum.

Once you get your body fat to a low level, you can add other activities—and I encourage you to do so—to your weekly fitness schedule. For now, follow the plan exactly as directed.

Q. What happens after six weeks? How do I continue the program if I need to lose more weight?

A. You should repeat the program for as long as it takes you to reach your goal. For example, it took Barry Ozer three six-week sessions—18 weeks—to lose all of his excessive fat, which amounted to 75 pounds (34 kg). There are, however, a few guidelines and modifications to apply.

Repeat the eating plan exactly as before: Men, go back to 1500 calories a day for two weeks. Women, go back to 1200 calories a day for two weeks. Then, descend your calories in the same manner.

Keep your superhydration schedule at the highest level. In other words, sip 1 5/8 gallons (6.2 l) of ice-cold water each day.

Q & A

Continue your Bowflex® exercise routine at the highest level. Perform the same 10 exercises three times per week. Try to get as strong as you can in each exercise, while always focusing on the 4-second count in both lifting and lowering.

Q. I'm pleased that I lost the fat I wanted to lose. What do I do to maintain my new body weight?

A. Once you've lost your excessive fat, your next task is to maintain that status. Here are the adjustments you need to make to your current practices.

Adhere to a carbohydrate-rich, moderate-calorie eating plan.

Instead of eating from 1000 to 1500 calories a day, you'll be consuming from 1600 to 2400 calories per day. Maybe you can eat even more after your new body weight has stabilized. Trial-and-error experimentation is a must. Women should start with 1600 calories, and men with 2000 calories per day. Note what happens after a week. If your body weight keeps going down, raise the calories by 100 or 200, depending on how much weight you lost during the last week. Soon, you should reach a level where your body weight stabilizes. That level is your daily calorie requirement. Naturally, you'll be able to consume other foods than those listed in the Bowflex® eating plan. By then, however, you should know the value of being a smart shopper and a wise eater. Read labels. Compare nutritional information. Be conscious of the ideal 60:20:20 ratio for carbohydrates, proteins, and fats.

Eat smaller meals more frequently.

You've been limiting your five meals per day to 300 calories if you're a woman, or 500 calories if you're a man. You may now up the calories by 100. What happens if during a single meal you eat more than 400 calories if you're a woman, or 600 calories if you're a man? Don't panic. Simply understand that you will sometimes backslide. Learn to anticipate these urges and take corrective action.

Drink at least 1 gallon (3.8 l) of cold water each day.

You should realize by now the benefits of consuming plenty of water each day. Make your water bottle a permanent part of your lifestyle.

Train on the Bowflex® machine at least twice a week.

There are two primary differences between maintenance and strength-building routines. First,

for maintenance, you do not have to increase the resistance each week or so. If you can do 100 pounds for 12 repetitions on the leg extension, then keep it on 100 pounds and do not go up to 105 pounds. You can maintain the 100-pound level much easier than you can increase it. Second, you do not need to train three times a week. You can maintain your strength at twice a week.

Add variety to your Bowflex® routines.

Now is the time to introduce more variety to your routines by adding some new exercises while removing some old ones. Below are two sample routines.

Maintenance Routine 1

1. Seated Hip Abduction
2. Seated Hip Adduction
3. Seated Straight Leg Calf Raise
4. Chest Fly
5. Incline Bench Press
6. Shoulder Pullover
7. Shoulder Shrug
8. Standing Biceps Curl
9. Seated Wrist Curl
10. Seated Wrist Extension

Maintenance Routine 2

1. Standing Single Leg Curl
2. Leg Extension
3. Standing Lateral Raise
4. Seated Shoulder Press
5. Rear Deltoid Row
6. Decline Press
7. Reverse Curl
8. Seated Triceps Extension
9. Standing Low Back Extension
10. Abdominal Crunch

Look in your Bowflex Revolution® XP Owner's Manual for descriptions of the new exercises.

Be consistent with your Bowflex® machine exercising, healthy eating, and superhydrating—and your accomplishments may well exceed your goals.

Limited Warranty

6-Week Satisfaction Guarantee

We want you to know that the Bowflex Revolution® XP home gym is a superior product. Your satisfaction is guaranteed. If, for any reason, you are not 100% satisfied with your Bowflex Revolution® XP home gym, please follow the instructions below to return your merchandise and receive a refund of the purchase price, less shipping and handling.

1. Call a Nautilus Representative at 1-800-605-3369 or write to Nautilus, Inc. at 16400 SE Nautilus Drive, Vancouver, WA 98683 for a Return Authorization Number. Return Authorization will be granted if:
 - a. You purchased your Bowflex Revolution® XP home gym directly from Nautilus or from a certified Nautilus® dealer; and
 - b. You are calling within 6 weeks of the delivery date of your merchandise.

Returns should be shipped to: Nautilus, 16400 SE Nautilus Drive, Vancouver, Washington, USA 98683.

All returned merchandise must be properly packaged in the original boxes and in good condition.

NOTE: You are responsible for return shipping and for any damage or loss to merchandise that occurs during return shipment. We highly recommend that you insure your shipment.

3. Please mark all boxes clearly with:
 - Return Authorization Number
 - Your Name
 - Your Address
 - Your Phone Number

Boxes without this information clearly marked on the outside may be refused.

4. Please make copies of your original invoice and put one in each box of merchandise. Your shipment must be received within two weeks from the date the Nautilus Representative issued you your Return Authorization Number.

Refunds may be denied or delayed if these instructions are not completely followed. Satisfaction Guarantee applies only to merchandise purchased by consumers directly from Nautilus, and does not apply to sales made by dealers or distributors.

What Does This Warranty Cover?

Nautilus warrants to the original purchaser of this Bowflex® product that the equipment is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the

original purchaser. Tampering with the unit will void the warranty.

Warranty

- 10 Years on machine and SpiraFlex® resistance packs.

Warranty terms may differ outside the USA.

To make this warranty effective, you must completely fill out the Bowflex Revolution® XP Warranty Registration Card within 30 days of purchase and return it to the address on the Warranty Registration Card.

Warranties Do Not Cover

- Damage due to use by persons who weigh more than 300 pounds (136 kg).
- Damage due to normal wear and tear.
- Damage due to abuse, accident, failure to follow instructions or warnings in the Owner's Manual, misuse, mishandling, accident or Acts of God (such as floods, tornadoes, power surges, etc.).
- Use in any institutional or commercial settings such as health clubs, schools, or recreation centers.
- Consequential or incidental damage. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

What We Will Repair

During your Warranty Coverage Period, Nautilus will repair any Bowflex® equipment that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc., at its option, will either replace your equipment or refund your purchase price, less shipping and handling. Nautilus reserves the right to substitute material of equal or better quality if identical materials are not available at the time of service under this Warranty. The replacement of the product under the terms of the Warranty in no way extends the Warranty period.

How to Obtain Service

To obtain service for a Bowflex® Fitness Product, contact an authorized Bowflex® Fitness Retailer. You may also contact a Nautilus representative at 800-628-8458 to help you locate a dealer in your area.

How State Law Applies

This warranty gives you specific legal rights. You may also have other rights, which vary from state to state.

Bowflex Revolution® XP Warranty Registration Card

IMPORTANT! MAIL WITHIN 30 DAYS OF PURCHASE

PLEASE PRINT CLEARLY – THANK YOU

Mr. 2. Mrs. 3. Ms. 4. Miss Customer ID from Invoice

Name: _____

Address: _____ Apt. #: _____

City: _____ State: _____ Zip: _____

Phone number: (____) _____ - _____ EXT. _____

E-Mail address: _____

Is this your primary address? Yes No

Place of purchase: _____

Date of purchase: _____ _____ _____
 M M D D Y Y

Purchaser date of birth: _____ _____ _____
 M M D D Y Y

Gender: Male Female

Marital status: Married Single

Including yourself, total number of people living in your household: (Examples: 01, 02, 03 ...) _____

Would you like to receive additional information on healthy lifestyle products? Yes No

Which best describes your family income: (US dollar figures)

- | | | | |
|--|--|--|--|
| <input type="checkbox"/> Under \$15,000 | <input type="checkbox"/> \$25,000 – \$34,999 | <input type="checkbox"/> \$50,000 – \$74,999 | <input type="checkbox"/> \$100,000 – \$149,999 |
| <input type="checkbox"/> \$15,000 – \$24,999 | <input type="checkbox"/> \$35,000 – \$49,999 | <input type="checkbox"/> \$75,000 – \$99,999 | <input type="checkbox"/> Over \$150,000 |

What other types of exercise equipment do you own? _____

Did you receive this item as a gift? Yes No

Name of original purchaser: _____

Original purchaser customer ID number: _____

Thanks for filling out this questionnaire. Your answers are important to us. Please check here if you would prefer not to obtain information on new and interesting opportunities from other exciting companies.

What Is Covered

Nautilus, Inc. warrants to the original purchaser of this Bowflex® product that the equipment is free from defects in materials or workmanship, with the exceptions stated below. This warranty is not transferable or applicable to any person other than the original purchaser. Tampering with the unit will void the warranty.

Warranty Period

- 10 years on machine and Spiraflex® resistance packs.

Warranties Do Not Cover

- Damage due to use by persons who weigh more than 300 pounds (136 kg).
- Damage due to normal wear and tear.

- Damage due to abuse, accident, failure to follow instructions or warnings, misuse, mishandling, accident or Acts of God (such as floods or power surges).
- Use in any commercial or institutional settings such as health clubs, schools or recreation centers.
- Consequential or incidental damage. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

What We Will Do

During your Warranty Coverage Period, Nautilus will repair any Bowflex® equipment that proves to be defective in materials or workmanship. In the event repair is not possible, Nautilus, Inc., at its option, will

either replace your equipment or refund your purchase price, less shipping and handling.

How To Obtain Service

To obtain service for a Bowflex® Fitness Product, contact an authorized Bowflex® Fitness Retailer. You may also contact a Nautilus representative at 800-628-8458 to help you locate a dealer in your area.

How State Law Applies

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.



Please fold over and tape before mailing

Please fold over and tape before mailing



**Place
Stamp
Here**

**Bowflex Revolution® XP Home Gym
16400 SE Nautilus Drive
Vancouver, WA 98683**

Important Contact Numbers

If you need assistance, please have both the serial number of your machine and the date of purchase available when you contact the appropriate Nautilus office listed below. To locate the serial number label on your machine, refer to the Safety Warning Labels information in this manual.

Please record the following information for future reference.

Serial Number
Date of Purchase

OFFICES IN THE UNITED STATES:

E-mail: customerservice@nautilus.com

- TECHNICAL/CUSTOMER SERVICE
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)
Email: customerservice@nautilus.com
Fax: 877-686-6466

- CORPORATE HEADQUARTERS
Nautilus, Inc.
World Headquarters
16400 SE Nautilus Drive
Vancouver, Washington, USA 98683
Phone: 800-NAUTILUS (800-628-8458)

INTERNATIONAL:

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

- INTERNATIONAL CUSTOMER SERVICE
Nautilus International S.A.
Rue Jean Prouvé 6
1762 Givisiez / Switzerland
Tel: + 41-26-460-77-77
Fax: + 41-26-460-77-70
Email: technics@nautilus.com

BUSINESS OFFICES:

- SWITZERLAND OFFICE
Nautilus Switzerland S.A.
Tel: + 41-26-460-77-66
Fax: + 41-26-460-77-60
- GERMANY and AUSTRIA OFFICE
Nautilus GmbH
Tel: +49-2203-20-20-0
Fax: +49-2203-20-20-4545
- ITALY OFFICE
Nautilus Italy s.r.l.
Tel: +39-051-664-6201
Fax: +39-051-664-7461
- UNITED KINGDOM OFFICE
Nautilus UK Ltd.
Tel: +44-1908-267-345
Fax: +44-1908-267-346
- CHINA OFFICE
Nautilus Representative Office
Tel: +86-21-523-707-00
Fax: +86-21-523-707-09

POWERED BY
SPIRAFLEX



 **BOWFLEX**
REVOLUTION XP

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Printed in China